

Appendix D – Examples: Lanyards, Deceleration Devices, Harnesses, and Body Belts

	Device Type	Typical Use or Purpose	Illustration
Lanyard	Lanyard (typical 2-foot and 6-foot lengths)	Lanyards are available in a variety of lengths.	
	Y-lanyard (or twin-leg lanyard)	Typically used during work on cranes, rebar and steel structures, and poles. By attaching and reattaching the legs in different positions, the worker can move across the work face, remaining connected by at least one leg of the lanyard at all times.	

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Deceleration Device	Rip-stitch-style Shock Absorbing Lanyard	These typically expand by approximately 3.5 feet during deceleration, which reduces the force on the worker.		
	Stretch-type Shock-Absorbing Lanyard	These absorb force in a fall by stretching (or by a similar mechanism) on impact to provide a controlled deceleration.		
	Self-retracting lifeline (line wound on a reel in a reel-housing)	The lifeline is wound on a reel and automatically extends or retracts to take up slack in the line as the worker moves about. A sudden extension in the line activates a locking mechanism that typically includes a deceleration device. Some self-retracting lanyards can be set to restrict the distance traveled and so can also function as part of a properly designed fall	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Line</p>  </div> <div style="text-align: center;"> <p>Reel housing</p>  </div> </div> 	

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	restraint system.	
Body Harness	Used in personal fall protection systems. Has a D-ring on the back between the shoulders when used for fall arrest and fall restraint systems. Workers need to be fitted with the correct harness size. Available with special features such as an integrated high-visibility vest, extra D-rings (for use with positioning devices), life vest (for over-water work), or various buckle and closure styles.	
Body Belt	In general, harnesses are preferable to body belts. Body belts may be used in limited instances (e.g., as part of a positioning device system).	
Thimble	Thimbles provide a protective interface between the eye of a rope loop and a connector. They are used to prevent pinching or abrasion of the rope. The thimble needs to be firmly seated in the eye of the rope loop.	