



## SELF-RETRACTING LIFELINES

An Alternative to Lanyards



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### SELF-RETRACTING LIFELINES (SRLS)

are another option for protecting workers from falls. Frequently, lanyards do not offer a worker enough freedom of movement. In such cases, SRLs can usually be employed instead. There are also many situations where there's not enough clearance to allow use of a lanyard and energy absorber. In these cases, SRLs are an appropriate substitute because they do not need as much clearance for the system to operate properly.

SRLs are the best fall arrest systems for addressing impact forces and free-fall distances. When tested, their fall distances and impact forces are typically less than those for energy absorbers and vertical lifelines. There are many nicknames for SRLs including retractables, yo-yos, reels, fall arrest blocks, nursery reels, blocks and spring cables.

SRLs come in many models designed for different operating lengths and work environments. Users must be aware that all SRLs are not the same. Quality can vary significantly and the verbiage that ANSI and CSA standards use to describe SRLs can be vague or misleading. Most of the original SRLs used seatbelt technology, including many of the same components. These seatbelt-style units have many problems compared to other types of SRLs and they should not be used in many cases.

