



Training Solutions, Delivered!

THE CONNECTING DEVICE

Leader's Guide, Fact Sheet
& Quiz

Item Number: 5192
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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5192 THE CONNECTING DEVICE FACT SHEET

LENGTH: 2:09 MINUTES

PROGRAM SYNOPSIS:

Performing work on an elevated surface is inherently dangerous due to the risk of falling. When proper guardrails or other means of fall protection are not installed, a personal fall arrest system is usually required. A personal fall arrest system, consisting of a full body harness, a connecting device and anchor point, is designed to reduce the amount of force exerted on a worker during a fall and to prevent the falling worker from striking a lower level or hitting the ground below. Various OSHA standards require an employer to ensure that each employee is trained in the proper use of a fall arrest system before he or she uses the equipment. As part of such training, this program provides an overview of the types of connecting devices available and how they work to arrest falls.

Topics include various types of lanyards, double-locking snap hooks, shock absorbers and fall-limiting devices.

PROGRAM OBJECTIVES:

After watching the program, the participant should be able to explain the following:

- What the common types of connecting devices are and how they work to arrest a fall;
- What a double-locking snap hook is and how to open it;
- How a fall-limiting device works and why you must avoid moving too far away from its anchor point.

INSTRUCTIONAL CONTENT:

THE CONNECTING DEVICE

- A connecting device used as part of a personal fall arrest system provides a secure connection between the full-body harness and the anchor point.
- There are several types of connecting devices, including single lanyards, shock absorbing lanyards, Y-shaped lanyards designed for moving between anchor points and self-retracting lanyards, also known as fall-limiting devices.
- Connecting devices must be rated to support 5,000 pounds or 22.24 kilonewtons. This rating must be apparent on the device label.
- Connecting devices must feature a double-locking snap hook. A double-locking snap hook is designed to prevent an inadvertent opening of the keeper gate.
- To open this type of snap hook, you must first depress the safety catch with your thumb before being able to open the keeper gate with your finger.
- Some lanyards are equipped with an energy control segment, also known as a “shock absorber.” This segment is designed to absorb the energy of a fall by elongating to a maximum distance of 3½ feet or about one meter.
- A fall-limiting device works differently. This type of connecting device is designed to allow a worker to move freely as work is being performed, but will quickly brake or lock-up should a fall occur. A fall-limiting device reduces the force of a fall by quickly limiting the fall distance.
- When using a fall-limiting device, or self-retracting lifeline, avoid moving too far away from the anchor point. This can inadvertently extend the length of the retracting lifeline beyond the height of the anchor point. When this is the case, a falling worker will hit the ground.
- Also, be aware that moving away from the anchor point can cause a falling worker to swing through a large arc and strike objects with great force. A good rule of thumb is to stay within 15 degrees of the anchor point at all times.

- Always inspect the connecting device prior to use and ensure that it is in good condition and does not show any indication that it has been exposed to the force of a fall.

THE CONNECTING DEVICE

ANSWERS TO THE REVIEW QUIZ

1. c

2. b

3. a

THE CONNECTING DEVICE
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. Connecting devices must be rated to support _____.
 - a. 500 pounds or 2.22 kilonewtons
 - b. 1,000 pounds or 4.45 kilonewtons
 - c. 5,000 pounds or 22.24 kilonewtons

2. Lanyards equipped with shock absorbers are designed to elongate to a maximum of 6½ feet or 2 meters.
 - a. True
 - b. False

3. When using a self-retracting lifeline, a good rule of thumb is to stay within _____ of the anchor point at all times.
 - a. 15 degrees
 - b. 25 degrees
 - c. 45 degrees