



**A Capital
Safety
Brand**



REBEL SELF RETRACTING LIFELINES

This manual is intended to meet the Manufacturer's Instructions as required by the following standards and should be used as part of an employee training program as required by OSHA:



ANSI Z359.1-2007



CSA Z259-2.2-98

IMPORTANT: This instruction must be provided to the user of this equipment. The user must read and understand, or have the following instructions explained to them before using this equipment. Failure to do so could result in injury or death.

WARNING: All of the equipment which is recommended by Capital Safety should be used as part of a complete Fall Prevention System. The buyer or the user choosing to disregard this warning is solely responsible for the safety of the entire system. OSHA regulations require that the employer and the employee recognize that all components of the Personal Fall Arrest System (PFAS) be compatible with one another before use.

WARNING: Improper use of this equipment will increase the risk of serious injury. To obtain the optimum level of safety which Capital Safety fall prevention systems can provide, you must read or receive, understand and adhere carefully to all instructions provided by Capital Safety.

APPLICATIONS

Rebel Self Retracting Lifelines (SRLs) are Fall Arrest Devices. A fall arrest device has two main functions:

- To extend the working area where a fixed length lanyard is inadequate.
- Limiting the distance of the fall.

SRLs incorporate an extendable anchorage line which extends as the user moves away from the anchorage point and retracts as he moves towards the anchorage point.

CENTRIFUGAL FORCE

By using centrifugal force, Rebel SRLs ensure that should a fall occur the brake engages once lockup speed is reached. Normal movement will not activate the braking mechanism and normal movement is not hindered as the lifeline extends and retracts freely. Should the lifeline receive a sudden pull caused by the event of a fall, the lifeline locks automatically. The mechanism will stop the user before excessive momentum is attained in a normal fall.

PURCHASE SELECTION

It is important that the selection of a device is made after the purchaser and supplier have both fully understood the application of the equipment. If the end use will be in abnormal atmospheres, or involves contact with acids, alkalis, sewer gas or anhydrous ammonia, additional information will be required before a choice of proper equipment can be made and purchased.

USER TRAINING

It is the employer's responsibility to ensure that workers understand these instructions, have been trained in the correct use of all equipment and have been made aware of the importance of connecting to suitable structural anchorages.

INSTALLATION:

ANCHORAGE STRUCTURE: Select a rigid anchorage point that meets strength requirements for Fall Arrest and Rescue systems. In accordance with ANSI Z359.1, anchorages selected must have a strength capable of sustaining static loads applied in the directions permitted by the system of at least:

<i>Non-Certified Anchorages:</i>	5,000 lbs (22 kN)
<i>Certified Anchorages:</i>	2 times the Maximum Arresting Force.

NOTE: When more than one personal fall arrest system is attached to an anchorage, the strengths set forth above shall be multiplied by the number of systems attached to the anchorage.

LOCATION: Install the SRL above head height. Avoid working at more than 30 degrees from the vertical. A fall from more than 30 degrees from vertical will produce a swing effect which could cause injury or death as a result of striking an obstruction.

A special case exists when anchoring an SRL below shoulder height in an aerial lift. The aerial work platform must have a guardrail system and a closable gate around its perimeter unless the anchorage level for the SRL is overhead. The guardrail must be continuous, smooth, and free of sharp edges. A suitably designed anchorage must be available for each SRL as part of the platform.

GENERAL REQUIREMENTS:

1. Swing fall hazards may exist, especially when working near corners, or out away from the SRL. Added fall clearance may be required, depending on the swing fall hazard.
2. Sharp edges which the lifeline may contact during a fall could cut or damage the SRL's lifeline. Sharp edges must be avoided or covered over. Falls where the

lifeline may slide along a sharp edge must be guarded against.

3. Employee training should be conducted to help assure a safe working environment.
4. NEVER ALLOW more than one person at a time to be connected to the SRL.
5. Anchorage point should allow end user to move without interfering with other workers. Never allow your lifeline to cross the lifeline of another worker.
6. Before choosing an anchorage point, survey the surrounding area for hazards that could interfere with your safety.
Do not install the SRL:
 - Where the possibility exists of the lifeline contacting power lines, live lifelines ,etc.
 - Where obstructions may cause the lifeline to become entangled. In the event of a fall, the brake may not engage, or the lifeline runs the risk of passing over a sharp edge; i.e., girders, etc., which could shear the lifeline causing injury or death.
7. Do not use personal fall arrest devices where, during an unexpected fall, the body could strike obstructions that will cause injuries or be fatal to the user.
8. Do not use personal fall arrest devices where obstructions may slow down the user and prevent the mechanism of the device from locking.
9. Protecta SRLs are not adequate for use in protecting workers in grain silos, coal bunkers, slack hoppers, or other areas where there is a danger of suffocation by immersion in the material over which the worker is standing should a collapse happen slowly and not cause the locking mechanism to activate. **ALWAYS** ensure that there is approximately 6 feet (1.8 M) of free fall space beneath the working position.
10. Do not leave Protecta SRLs installed for long periods of time in an environment where corrosion of the main components could occur as a result of vapors rising from organic materials. Sewage and fertilizer plants, for example, should be avoided due to the high concentrations of ammonia present.
11. Do not use Protecta SRLs where there is a potential risk of incendiary sparking due to contact friction between the SRL, its lifeline, or the device's metal parts and rusted steel or iron in the work area.

LIMITATIONS: Consider the following limitations when using the Reble SRL:

1. IT IS NOT PERMISSIBLE to make additions or alterations to this equipment.
2. Follow manufacturer's instructions for the correct use of the SRL and associated accessories.
3. NEVER attach clips, etc., as a positioning device to the lifeline which will prevent the lifeline from retracting automatically. This practice is dangerous as it leaves excessive slack in the lifeline which, in the event of a fall, will increase the fall distance and the shock load on the body to unacceptable levels.
4. Avoid allowing the lifeline to pass between your arms or legs while moving about or working.
5. Avoid allowing the lifeline to contact paints, concrete, bitumen, oils, etc. which will adversely affect the SRL if it enters the mechanism.
6. Always keep the lifeline clean and free of dry mud, cement, etc. Failure to do so could result in premature locking and rewinding failure.
7. When detaching from the SRL do not quick-release the lifeline allowing uncontrolled rewind back into the device. This can be dangerous and there is a probability that the lifeline will rewind unevenly. Uneven rewind of lifeline can prevent full retraction.
8. Do not leave lifeline extended for long periods of time.
9. DO NOT repair equipment in the field. Only Capital Safety is equipped to repair Protecta devices.
10. DO NOT combine SRLs with other components such as lanyards to extend their length.
11. DO NOT OPEN the SRL as the spring is under tension.
12. **CHEMICAL HAZARDS:** Solutions containing acid or caustic chemicals, particularly at elevated temperatures, may damage Protecta SRLs. When working with such chemicals, frequent inspection of the entire SRL must be completed. If chemical damage is detected the SRL must be removed from service.
13. Exercise caution when using this equipment around moving machinery or electrical hazards.

RESCUE: When using this equipment, the employer must have a rescue plan and the means at hand to implement and communicate that plan to users, authorized persons, and rescuers.

OPERATION AND USE

WARNING: Read and understand all instructions and warnings on the labels attached to the device before using. These instructions and warnings are placed on the device for your protection. Be sure that you understand and follow these directions carefully.

Before using this equipment, make a visual inspection to ensure serviceable condition of the device (see *Inspection*). Under no circumstances should the SRL be used if the lifeline has any defect (i.e., cut fibers or is not retracting correctly). To check for proper lifeline operation:

1. Pull the entire length of lifeline out and allow it to retract slowly through your hand.
2. Test the locking mechanism several times by jerking down on the lifeline and ensuring the system locks.

SRLs with suspected faults should be immediately withdrawn from service.

IMPORTANT: Always hold on to the lifeline while it is rewinding into the SRL. Do not leave the lifeline extended for long durations.

WARNING: The Rebel SRL should always be used with a Capital Safety approved Full Body Harness. Never use a waist or chest belt of any type for fall arrest hazards.

After connecting the Fall Arrest Device to a safe anchorage point attach the snap hook at the end of the lifeline to the dorsal D-ring of the harness, ensuring that the snap hook closes fully and locks.

In situations where it is necessary to use a front D-ring as a point of attachment such as working on a fixed ladder a harness with chest D-rings must be used. Refer to OSHA requirements. Capital Safety highly recommends the exclusive use of DBI-SALA or Protecta full body harnesses with all its individual fall prevention systems.

Make every effort to keep the lifeline clean and free from dry mud, cement, etc. Failure to do so can result in premature locking and rewind failure of the device.

Never allow the lifeline to contact sharp abrasive edges, i.e. girders, roofing panels, etc. which could damage and ultimately weaken the lifeline.

The SRL permits complete freedom of movement; however, ensure that you move normally as sudden or quick movements will activate the locking mechanism.

While using, always ensure that there is constant tension on the lifeline. Slack in the lifeline could result in an increase in fall distance. Move normally, sudden jerky movements will activate the locking mechanism. In the event of a fall, the fall arrest device must not be used until it has been visually checked by a competent person.

INSPECTION

- **Before Each Use:** OSHA 1910.66, OSHA 1926.502 and ANSI Z359.1 requires an inspection of equipment before each use (see *Inspection Steps*).
- **Annually:** ANSI Z359.1 requires a formal inspection of the SRL be completed by a competent person other than the user at least annually. More frequent inspections by a competent person may be required based on the nature and severity of workplace conditions affecting the equipment and the modes of use and exposure time of the equipment (see *Inspection Steps*). Record the results of each formal inspection in the *Inspection and Maintenance log* at the end of this manual.
- **After a Fall Arrest:** Rebel SRLs are not repairable and must be removed from service after a fall arrest.

WARNING: If the self retracting lifeline has been subjected to fall arrest or impact forces, it must be removed from service.

IMPORTANT: Extreme working conditions (harsh environment, prolonged use, etc.) may require increasing the frequency of inspections.

INSPECTION STEPS:

1. Inspect for loose screws and bent or damaged parts.
2. Inspect housing for distortion, cracks or other damage. Ensure the swivel eye is not damaged or distorted in any way. Ensure the swivel eye turns freely.
3. The lifeline must fully extend and retract without hesitation or creating a slack line condition.
4. Ensure the device locks up when lifeline is jerked sharply. Lock-up must be positive, with no slipping.
5. The labels must be present and fully legible (see *Labels*).
6. Look for signs of corrosion on the entire unit.
7. Inspect the web lifeline for concentrated wear, frayed strands, broken yarn, burns, cuts, and abrasions. The lifeline must be free of knots throughout its length. Inspect for excessive soiling, paint build-up, and rust staining. Inspect for chemical or heat damage indicated by brown, discolored, or brittle areas. Inspect for ultraviolet damage indicated by discoloration and the presence of splinters and slivers on the lifeline surface.
8. Inspect connecting hooks or carabiners for signs of damage, corrosion, and working condition.

9. Inspect each system component or subsystem per the manufacturer's instructions.
10. Record inspection results in the inspection and maintenance log in section 9.0.

WARNING: Any Rebel SRL or other fall arrest device with suspected faults must be immediately withdrawn from service.

ENERGY ABSORBER: Rebel SRLs incorporate an integral Energy Absorber. Inspect the Energy Absorber to determine if it has been activated. There should be no evidence of elongation and the cover should be secure and free of tears or other damage.

CLEANING

- Periodically clean the exterior of the SRL with water and mild soap solution. Position the SRL so excess water can drain out.
- Clean labels as required.
- Clean the lifeline with water and mild soap solution. Rinse and thoroughly air dry. Do not force dry with heat. The lifeline should be dry before allowing it to retract into the unit. An excessive buildup of dirt, paint, etc., may prevent the lifeline from fully retracting,

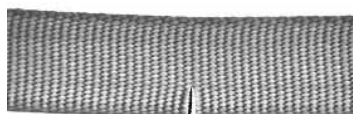
WARNING: If the lifeline contacts acids, remove unit from service and wash with water and mild soap solution. Inspect unit before returning to service.

STORAGE

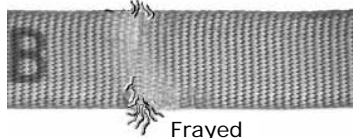
Protecta Rebel SRLs must be stored in a clean, cool, and dry area away from chemical fumes or corrosive elements. Never store in areas exposed to direct sunlight. It is preferred that fall arrest devices be kept, when not required for use, in properly designed storage units which allow for adequate ventilation.

Do not subject the SRL to unnecessary strain or pressure during storage. Do not expose the fall arrest device to excessive heat, cold, or humidity during storage. Do not allow the equipment to contact sharp edges, corrosives, or other likely causes of damage while the device is in storage.

Web Damage



Cut



Frayed



Heavily Soiled



Welding Burns

MEDICAL WARNING

For user safety, workers with physical disabilities or muscular problems should receive medical advice prior to using fall arrest equipment. **UNDER NO CIRCUMSTANCES** should pregnant women or minors use Capital Safety fall arrest systems.

A worker's ability to accommodate arrest forces inflicted on the body in the event of a fall are seriously affected by age and fitness of the user. Only those in good health should work at heights. Please contact your physician should there be reason to doubt your ability to absorb the shock load on your body in the event of a fall.

WARRANTY

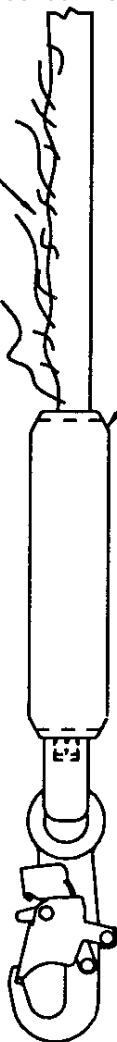
Equipment offered by Capital Safety is warranted against factory defects in workmanship and materials for a period of two years from date of installation or use by the owner, provided that this period shall not exceed two years from date of shipment. Upon notice in writing, Capital Safety will promptly repair or replace all defective items. Capital Safety reserves the right to elect to have any defective item returned to its plant for inspection before making a repair or replacement. This warranty does not cover equipment damages resulting from abuse, damage in transit, or other damage beyond the control of Capital Safety. This warranty applies only to the original purchaser and is the only one applicable to our products, and is in lieu of all other warranties, expressed or implied.

Energy Absorber Activation

Evidence of Absorber Activation

Deployed and Torn Webbing

Torn or Broken Cover



CONTACTS

CSG USA & Latin America
3833 SALA Way
Red Wing, MN 55066-5005
Toll Free: 800.328.6146
Phone: 651.388.8282
Fax: 651.388.5065
solutions@capitalsafety.com

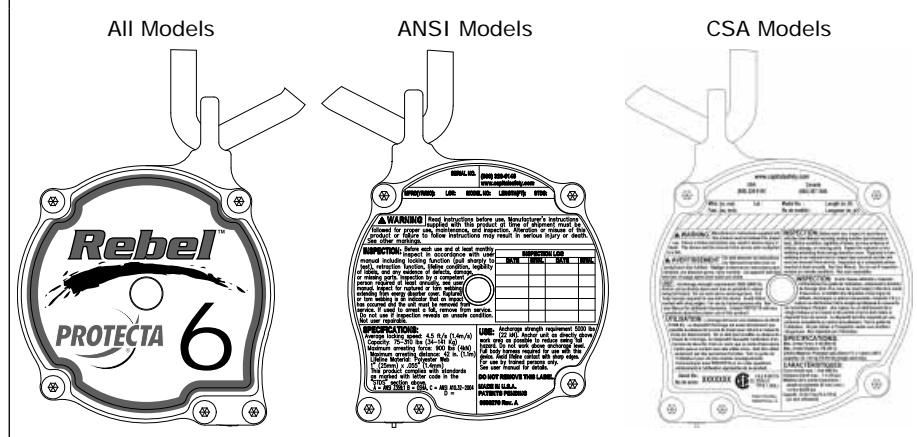
CSG Canada
260 Export Boulevard
Mississauga, ON L5S 1Y9
Phone: 905.795.9333
Toll-Free: 800.387.7484
Fax: 888.387.7484
info.ca@capitalsafety.com

www.capitalsafety.com

MODELS & SPECIFICATIONS

Model Number	ANSI /CSA	Lifeline Material and Size	Lifeline Length	Maximum Arresting Force	Maximum Arrest Distance
3101114	ANSI	Polyester Web 1 in (25 mm) x 0.55 in (1.4 mm)	6.0 ft (1.8 m)	900 lbs (4 kN)	42.0 in (1.1 m)
3101116	ANSI	Polyester Web 1 in (25 mm) x 0.55 in (1.4 mm)	6.0 ft (1.8 m)	900 lbs (4 kN)	42.0 in (1.1 m)
3101118C	CSA	Polyester Web 1 in (25 mm) x 0.55 in (1.4 mm)	6.0 ft (1.8 m)	900 lbs (4 kN)	42.0 in (1.1 m)

LABELS



INSPECTION AND MAINTENANCE LOG

SERIAL NUMBER:			
MODEL NUMBER:			
DATE PURCHASED:			DATE OF FIRST USE:

INSPECTION DATE	INSPECTION ITEMS NOTED	CORRECTIVE ACTION	MAINTENANCE PERFORMED
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			
Approved By:			