

The Tracpac tie-back high-abrasion adjustable shock-absorbing lanyard is composed of a shock absorber to which a 1 $\frac{3}{16}$  in. (30 mm) adjustable high-abrasion web lanyard is attached. The length of the lanyard is adjustable from 4 to 6 ft. (1.2 to 1.8 m) to adapt to different job conditions. The sliding O-ring allows to safely connect the lanyard back on itself (tie-back) for choking on poles, beams, etc.

When a fall occurs, the sudden stop caused by the fall arrest system submits the human body to a high impact force (the longer the free fall distance, the greater the force).

The purpose of the shock absorber is to lower the impact force experienced in a fall by dissipating the kinetic energy and controlling deceleration. The shock-absorbing device is made of a specially woven webbing that elongates through tearing on its weave and stitching. This action limits the impact force to less than 900 lbs. (4 kN).

The dual arm model allows the worker to remain safely connected at all time (100% tie-off) while climbing or on the move.

For further information, refer to the "Use and Maintenance Instructions" for harnesses and lanyards.

**⚠ WARNING**

Designed for a 6 ft (1.8 m) maximum free fall.

**FEATURES**

- High-abrasion resistance
- Improved handling
- Contrary to rope, the web is not subject to unraveling
- High strength to weight ratio

**APPLICATIONS**

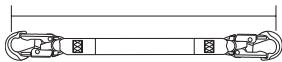
- Construction
- Maintenance

**APPLICABLE STANDARDS**

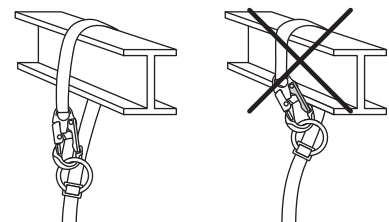
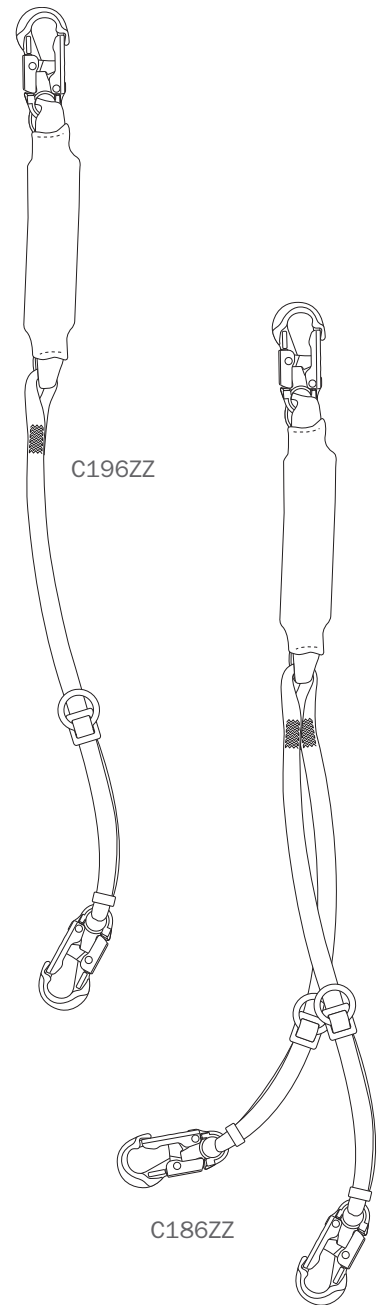
- ANSI Z359.13-2009
- ANSI A10.32-2012
- OSHA 1926
- OSHA 1910

**SIZES**

- Adjustable from 4 to 6 ft. (1.2 to 1.8 m) only



Size of lanyards are based on measurement from inside of each extremity hook.



**AVAILABLE MODELS**

All shock-absorbing lanyards have a 3/4 in. (20 mm) self-locking snap hook on shock pack extremity.

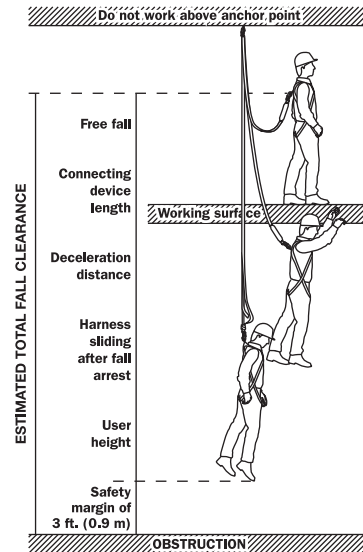
- **C196ZZ** 4 to 6 ft. (1.2 to 1.8 m) with a 3/4 in. (20 mm) self-locking snap hook on the other end
- **C186ZZ** 4 to 6 ft. (1.2 to 1.8 m), two arms with a 3/4 in. (20 mm) self-locking snap hook on the other end

For information on Tractel® connectors, refer to technical sheet T-4536.

**⚠ WARNING**

When choosing an anchorage point, take into consideration the deceleration distance. The shock absorber can elongate up to 42 in. (1.1 m) as it extends during activation.

Free fall distance must never be greater than 6 ft. (1.8 m). Consult local regulations as permitted free fall distance may be less than 6 ft. (1.8 m).



<b>PARTS</b>	<b>SPECIFICATIONS</b>
<b>TEAR WEBBING</b>	Minimum tearing force: 500 lbs. (2.2 kN) Maximum impact force: 900 lbs. (4 kN) Maximum deployment length: 42 in. (1.1 m)
<b>SHOCK ABSORBER WEBBING</b>	High tenacity polyester Width: 1 $\frac{3}{4}$ in. (45 mm) Thickness: $\frac{1}{16}$ in. (1.4 mm) Tensile strength: 5,700 lbs. (25.4 kN) Webbing is heat-cut to prevent fraying.
<b>SHOCK ABSORBER PROTECTIVE COVER</b>	High tenacity polyester Width: 3 $\frac{3}{8}$ in. (85 mm) Tubular construction
<b>LANYARD ARM WEBBING</b>	High abrasion polyester Width: 1 $\frac{3}{16}$ in. (30 mm) Thickness: $\frac{1}{8}$ in. (4 mm) Tensile strength: 9,000 lbs. (40 kN) Webbing is heat-cut to prevent fraying.
<b>STITCHING</b>	Lanyard is lock-stitched. Thread: #138 polyester
<b>ADJUSTER</b>	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)
<b>1<math>\frac{1}{4}</math> IN. (45 MM) O-RING</b>	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN)
<b><math>\frac{3}{4}</math> IN. (20 MM) SELF-LOCKING SNAP HOOK (43601 – Z HOOK)</b>	Plating: zinc dichromate Proof-loaded 100% at 3,600 lbs. (16 kN) Tensile strength: 5,000 lbs. (22.2 kN) Gate strength: side and face 3,600 lbs. (16 kN)
<b>CAPACITY</b>	310 lbs. (140 kg), one person

Specifications are subject to change without notice. Images are for illustrative purposes only.