

SAFETY BELTS AND LANYARDS DESCRIPTION AND USE

Contents	Page
1. GENERAL.....	1
2. DESCRIPTION.....	1
3. PRECAUTIONS.....	1
4. INSPECTION.....	2
5. USE.....	2

1. GENERAL

1.01 This section describes the standard safety belt and lanyard. It also covers instructions and precautions pertaining to their use and care.

1.02 When this section is reissued, the reason for reissuing will appear in this paragraph.

1.03 The safety belt and lanyard are used at work locations where a fall-arresting device is required. They may also be used in lieu of the body belt and safety strap described in Part 5. It is not to be used as a supporting device in work operations (ie, working from pole climbers or work steps).

2. DESCRIPTION

2.01 The safety belt has a 1-3/4 inch wide yellow, latex-treated nylon webbing waist strap stitched to a 3-inch wide back pad. A single Dee ring is attached to the center of the back. The attachment contains a leather wear pad.

2.02 The belt is available in three sizes: small for belt sizes 32 to 40; medium for belt sizes 36 to 44; and large for belt sizes 40 to 48.

2.03 The lanyard for use with the safety belt consists of 7/8-inch wide yellow, latex-impregnated webbing, 5 feet long and equipped with snap hooks at each end (see Fig. 1).



Fig. 1

3. PRECAUTIONS

3.01 Never punch extra holes in the waist strap. If a belt does not fit properly, replace it with one of a correct size.

3.02 Never add any foreign attachments to the belt.

3.03 Never attach two or more lanyards together for additional length.

3.04 When climbing or working aloft, do not attach a hand line directly to the belt. Use a method which will allow the line to pull free, if caught — either a hand line carrier or a loop tucked under the belt.

3.05 Before climbing, check to be sure there are no power conductors which would cause a hazard.

NOTICE

Not for use or disclosure outside the
Bell System except under written agreement

Printed in U.S.A.

SECTION 081-720-900PT

3.06 Never use electric light power or foreign circuit attachments as a support for the lanyard.

3.07 When attaching lanyard snaps to Dee ring and supports, make sure the snap is properly engaged.

3.08 Never use an improvised substitute of rope, wire, etc., for a safety belt or lanyard.

3.09 While wearing a lanyard which is not in use, both hooks should be snapped in the Dee ring.

3.10 Use care to prevent damage to the safety belt and lanyard by heat or sharp objects.

3.11 Do not use a belt or lanyard showing signs of damage due to cutting, abrasion, excessive heat, or wear.

4. INSPECTION

4.01 Each day prior to use, the employee must visually inspect the belt and lanyard. Important conditions to look for are as follows:

- Condition of the loop at the Dee ring — could be worn or crushed enough to affect its strength
- Broken or rotted threads in stitching
- Cracks, cuts, or wear that would affect the strength
- Broken or defective buckle
- Exposure to excessive heat (burn marks, hard spots, etc.)
- Loose or broken rivets
- Loose, worn out, or missing grommets
- Poor action of snap hook keeper

5. USE

5.01 Before ascending, the employee should be sure the belt is properly buckled. The belt should be at the waist, loose enough to be comfortable yet snug enough to retain the body if a fall should occur. The belt may be worn with the Dee ring to either side or the back to suit the wearer.

On An Extension Ladder

5.02 An employee working from an extension ladder that is securely lashed to a suspension strand or other support shall use the following method to be secured with a safety belt and lanyard:

(a) Attach one snap hook of the lanyard to the Dee ring and pass the free end of the safety strap to any one of the following:

- (1) Between two rungs and around a siderail
- (2) Around a rung
- (3) Around the suspension strand.

(b) Engage the other snap hook in the Dee ring.

5.03 An employee working from an extension ladder which is properly placed and secured, but not lashed, to the strand with strand hooks shall use the following method to be secured with a safety belt and lanyard:

(a) Attach one snap hook of the lanyard to the Dee ring and pass the free end around the strand and siderail, between two rungs.

(b) Engage the other snap hook in the Dee ring.

5.04 A body belt and safety strap are not to be used on a ladder if:

- (a) The ladder is not secured in the manner described in 5.02 or 5.03
- (b) The safety strap cannot be secured in the manner described in 5.02 or 5.03.

On An Aerial Platform

5.05 An employee working from an aerial platform shall be secured with a safety belt and lanyard as follows:

- (a) Attach one snap hook of the lanyard to the Dee ring and pass the free end around the suspension strand.
- (b) Engage the other snap hook in the Dee ring.

5.06 Although the methods described in 5.02 through 5.05 indicate both snap hooks are engaged in the Dee ring, the methods can be modified as follows:

- **ON AN EXTENSION LADDER** — The snap hook passed around the anchorage (strand and/or ladder) can be hooked on the lanyard, forming a loop instead of engaged in the Dee ring.
- **ON AN AERIAL PLATFORM** — As above or one snap hook engages the Dee ring. The other snap hook is hooked to the suspension strand.

On Aerial Lifts and Truck-Mounted Ladders

5.07 Attach one lanyard snap hook to the Dee ring, the other snap hook to the eye provided by the manufacturer. If the manufacturer does not provide an eye, attach one snap hook to the Dee ring, pass the free end of the lanyard around a member of the basket where it cannot slip off or be caught in moving parts, and engage the snap hook in the Dee ring or snap it on the lanyard forming a loop.

Pole-Mounted Terminals With Handles

5.08 Employees shall secure themselves to the handle of pole-mounted terminals, such as B-, 101-, and 29-type cabinets, prior to stepping from the pole to a pole seat or terminal balcony. Likewise, when stepping from a pole seat or terminal balcony to the pole, the safety strap shall not be removed from the handle until the employee has stepped onto the pole.