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Lonsge 30FT

Lonsge 30FT Self-Retracting Lifeline Instruction Manual

Model: 30FT | Brand: Lonsge

1. INTRODUCTION AND PRODUCT OVERVIEW

This manual provides essential instructions for the safe and effective use of the Lonsge 30FT Self-Retracting Lifeline. This device is designed to provide reliable fall protection in various high-strength applications, including aerial work, roofing, and construction. It features a galvanized steel cable, a self-retracting mechanism, and an internal shock absorber for enhanced safety. Please read this manual thoroughly before using the product to ensure proper understanding of its functions, limitations, and safety requirements.

2. IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these instructions and warnings may result in serious injury or death. This equipment must only be used by trained and competent persons.

- Always inspect the lifeline and all connecting components before each use. Do not use if any damage, wear, or malfunction is observed.
- Ensure the anchor point is capable of supporting the intended load and meets all applicable safety standards.
- Connect the lifeline securely to a full-body harness and an approved anchor point.
- Maintain a clear fall path below the working area. Be aware of potential obstructions.
- Do not modify the lifeline or any of its components.
- The maximum rated weight capacity for this device is 310 lbs (including tools and clothing).
- In the event of a fall, immediately remove the lifeline from service and have it inspected by a qualified person or manufacturer.
- Store the lifeline in a clean, dry place away from direct sunlight, chemicals, and extreme temperatures.

3. PRODUCT COMPONENTS

The Lonsge 30FT Self-Retracting Lifeline consists of several key components designed for optimal fall protection:

- Galvanized Steel Cable:** A 30 ft cable braided with 6 strands of 222 galvanized steel wire rope, 1/5-inch diameter, offering superior smoothness and abrasion resistance.
- Self-Retracting Mechanism:** Allows the cable to automatically retract or extend, maintaining constant tension and reducing slack.

- **Internal Shock Absorber:** Features four independent internal locks that quickly brake and lock in a fall event, reducing impact forces. Maximum braking distance: 54 inches. Average braking force: 900 lbs.
- **Locking Buckle (Swivel Eye Anchor):** Located at the bottom of the wire rope, it supports 360° rotation to prevent tangling and includes an automatic locking function with a gate strength of 5,000 lbs.
- **High-Strength Reinforced Polymer Shell:** A lightweight and durable housing that protects the internal components from water, drops, high temperatures, and corrosion.
- **Top Latch Swivel:** For secure attachment to an anchor point.



Figure 1: Overview of the Lonsge 30FT Self-Retracting Lifeline.

30FT Self-retracting Lifeline

6 strands of 222 galvanized steel wire rope

1/5-inch diameter

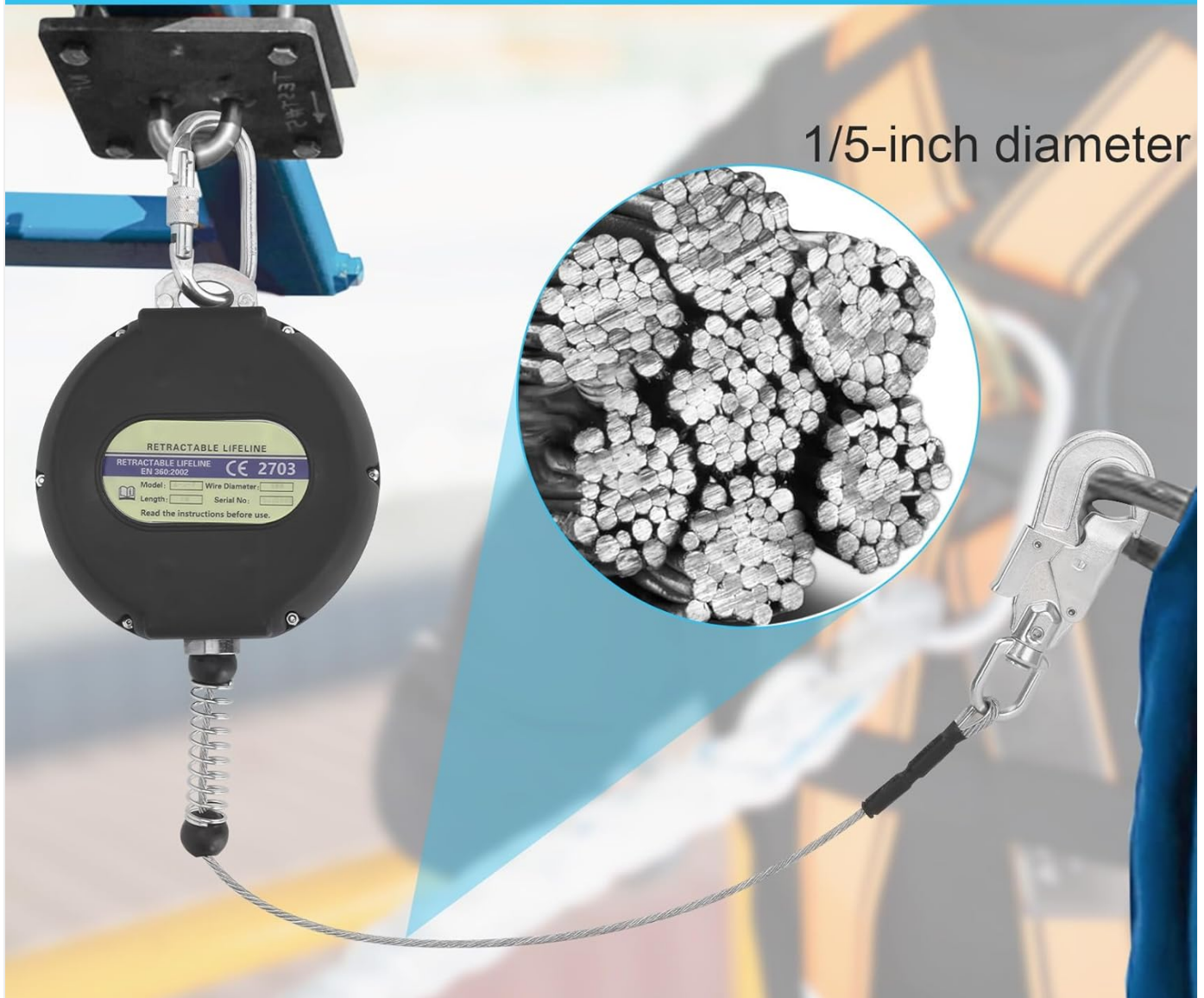


Figure 2: Detailed view of the 30FT self-retracting lifeline's galvanized steel cable.

DURABLE



- Lightweight and Durable Shell
- Effectively Protect Galvanized Steel Cable
- Extended Product Life

Figure 3: The lightweight and durable reinforced polymer shell.

4. SETUP AND INSTALLATION

Proper setup is crucial for effective fall protection. Follow these steps carefully:

1. **Inspect the Lifeline:** Before each use, visually inspect the entire lifeline, including the housing, cable, carabiners, and shock absorber. Look for cuts, fraying, corrosion, deformation, or any other signs of damage or wear. Ensure all locking mechanisms operate smoothly.
2. **Select an Anchor Point:** Choose an anchor point that is structurally sound and capable of supporting a minimum of 5,000 lbs (22.2 kN) per worker attached, or meets the requirements of a qualified person. The anchor point should be located directly above the work area whenever possible to minimize swing fall hazards.
3. **Attach to Anchor Point:** Connect the top latch swivel of the lifeline to the selected anchor point. Ensure the carabiner gate is fully closed and locked.
4. **Attach to Harness:** Connect the self-locking hook (swivel eye anchor) at the end of the lifeline's cable to the dorsal D-ring of your full-body harness. Verify that the hook is fully closed and locked.

5. **Verify Connections:** Double-check all connections to ensure they are secure and properly engaged. Perform a gentle tug test on the lifeline to confirm it is firmly attached to both the anchor and your harness.



Figure 4: Connection points of the lifeline, including top latch swivel and self-locking hook.

5. OPERATING INSTRUCTIONS

The Lonsge Self-Retracting Lifeline is designed for ease of movement while providing continuous fall protection.

- **Movement:** As you move, the lifeline's cable will automatically extend and retract, maintaining slight tension. This prevents slack and reduces the risk of tripping.
- **Fall Arrest:** In the event of a fall, the internal locking mechanism will engage rapidly, arresting the fall. The integrated shock absorber will deploy to dissipate energy and reduce the force exerted on the user.
- **Swivel Function:** The 360° rotating locking buckle helps prevent the cable from twisting or tangling during movement, enhancing user comfort and safety.

360 *Twist To Prevent Twisting Of The Lanyard*



Figure 5: The 360° swivel eye anchor prevents cable twisting.

Inside Shock Absorber

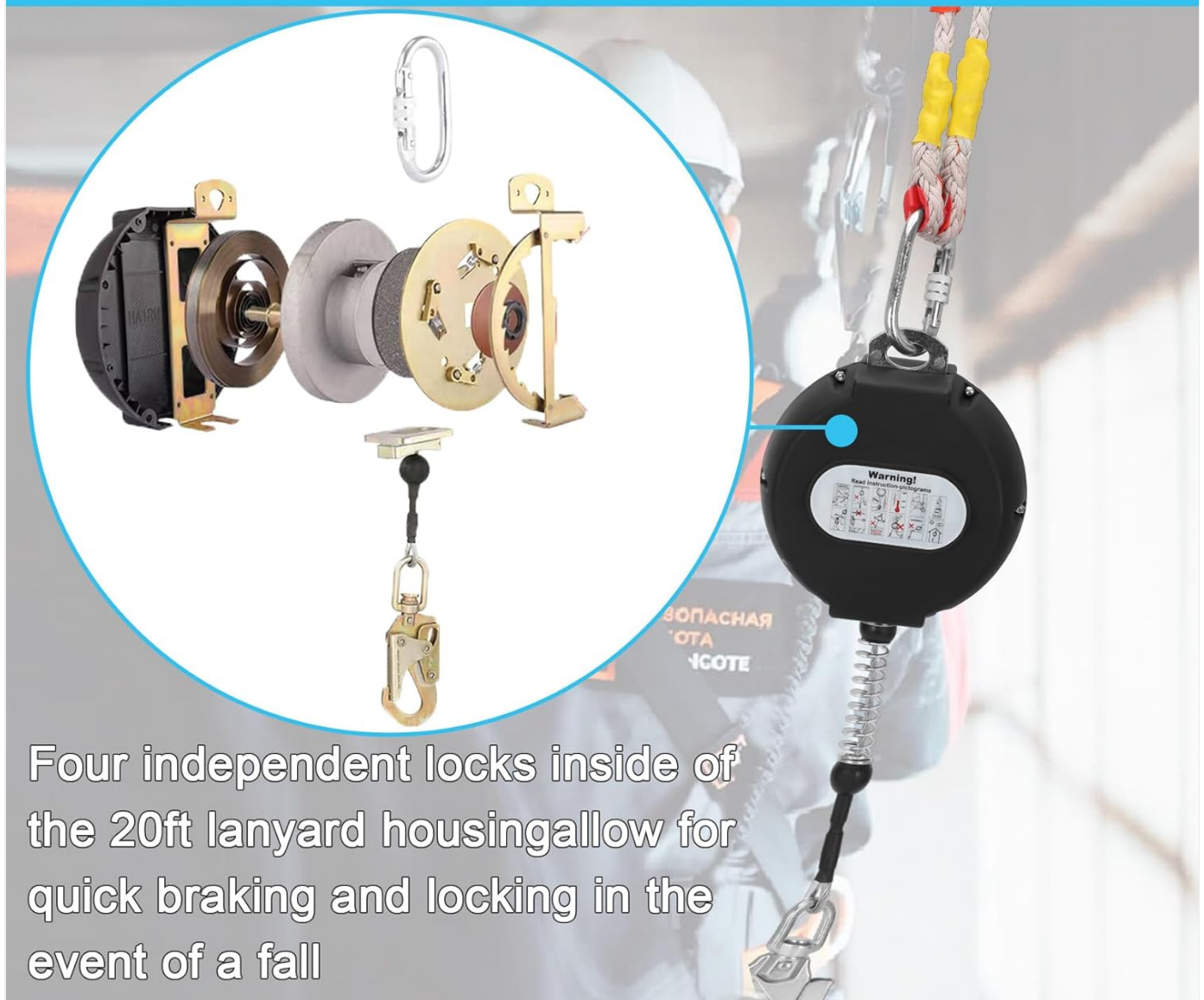


Figure 6: Internal shock absorber components for fall protection.

6. MAINTENANCE AND STORAGE

Regular maintenance and proper storage extend the lifespan of your lifeline and ensure its continued reliability.

- **Cleaning:** Clean the lifeline with a damp cloth and mild soap. Rinse thoroughly with clean water and allow it to air dry completely before storage. Do not use harsh chemicals or solvents.
- **Inspection:** In addition to pre-use inspections, a thorough inspection by a competent person should be performed at least annually, or more frequently depending on usage and environmental conditions. Document all inspections.
- **Storage:** Store the lifeline in a cool, dry, and clean environment, away from direct sunlight, corrosive substances, sharp objects, and extreme temperatures. Ensure the cable is fully retracted before storage.
- **Post-Fall Protocol:** If the lifeline has been subjected to a fall arrest, it must be immediately removed from service and either destroyed or returned to the manufacturer for inspection and recertification. Do not reuse a lifeline that has arrested a fall without professional evaluation.

7. TROUBLESHOOTING

If you encounter issues with your Lonsge Self-Retracting Lifeline, consider the following:

- **Cable Not Retracting Smoothly:**
 - Check for any debris or obstructions in the cable path or around the housing opening.
 - Ensure the cable is not twisted or kinked.
 - Clean the cable and housing as per maintenance instructions.
 - If the issue persists, remove from service and contact customer support.
- **Locking Mechanism Not Engaging/Disengaging:**
 - Verify that the carabiner gates are not obstructed and move freely.
 - Ensure the self-locking hook is not jammed.
 - Do not force any mechanism. If it does not operate correctly, remove the unit from service immediately.
- **Visible Damage or Wear:** Any visible damage to the housing, cable, or connectors requires immediate removal from service. Do not attempt repairs.

8. SPECIFICATIONS

Feature	Detail
Model	30FT
Lifeline Length	30 feet
Cable Material	Galvanized Steel Wire Rope (6 strands of 222)
Cable Diameter	1/5 inch
Housing Material	High-Strength Reinforced Polymer
Fastener Material	Alloy Steel
Fastener Type	Buckle (Self-locking hook)
Gate Strength	5,000 lbs
Maximum Braking Distance	54 inches
Average Braking Force	900 lbs
Rated Weight Capacity	310 lbs
Item Weight	12.45 pounds
Package Dimensions	12.87 x 12.83 x 4.41 inches

9. WARRANTY AND CUSTOMER SUPPORT

The Lonsge 30FT Self-Retracting Lifeline comes with a **1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use.

For any questions, concerns, or warranty claims regarding your product, please contact Lonsge customer service. We are committed to providing satisfactory assistance within 12 hours and will address any quality issues, including compensation for damaged products or replacement of new units.


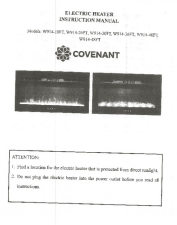
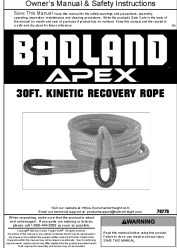


You can typically find contact information on the product packaging or through the retailer where the product was purchased.



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For more information, visit the [Lonsge Store](#).

Related Documents - 30FT

	<p>Miller TechLine Temporary Horizontal Lifeline Systems User Manual</p> <p>This user manual provides essential instructions, safety warnings, installation guides, and maintenance procedures for Miller TechLine Temporary Horizontal Lifeline Systems, designed for fall protection for up to two workers.</p>
	<p>Covenant Electric Heater Instruction Manual - Models W914 Series</p> <p>Comprehensive instruction manual for Covenant electric heaters, models W914-18FT through W914-48FT. Includes safety instructions, installation guide, operation details, and maintenance tips.</p>
	<p>BADLAND APEX 30ft Kinetic Recovery Rope Owner's Manual & Safety Instructions</p> <p>Owner's manual and safety guide for the BADLAND APEX 30ft Kinetic Recovery Rope (Model 70775). Covers specifications, safe operating procedures, maintenance, and warranty information from Harbor Freight Tools.</p>
	<p>OVO Central Vacuum Troubleshooting: Unit Won't Stop or Start</p> <p>A comprehensive troubleshooting guide for OVO Universal Central Vacuum systems experiencing issues with starting or stopping. Covers common problems such as hose connection, switch functionality, and internal component wear, providing step-by-step solutions.</p>
	<p>Garland Electric Designer Counter Equipment Parts List</p> <p>This document provides a comprehensive parts list for Garland Electric Designer (ED, EDU) Series Counter Equipment, including hotplates, griddles, broilers, fryers, and food warmers. It details part numbers, descriptions, and model compatibility for various Garland equipment.</p>

