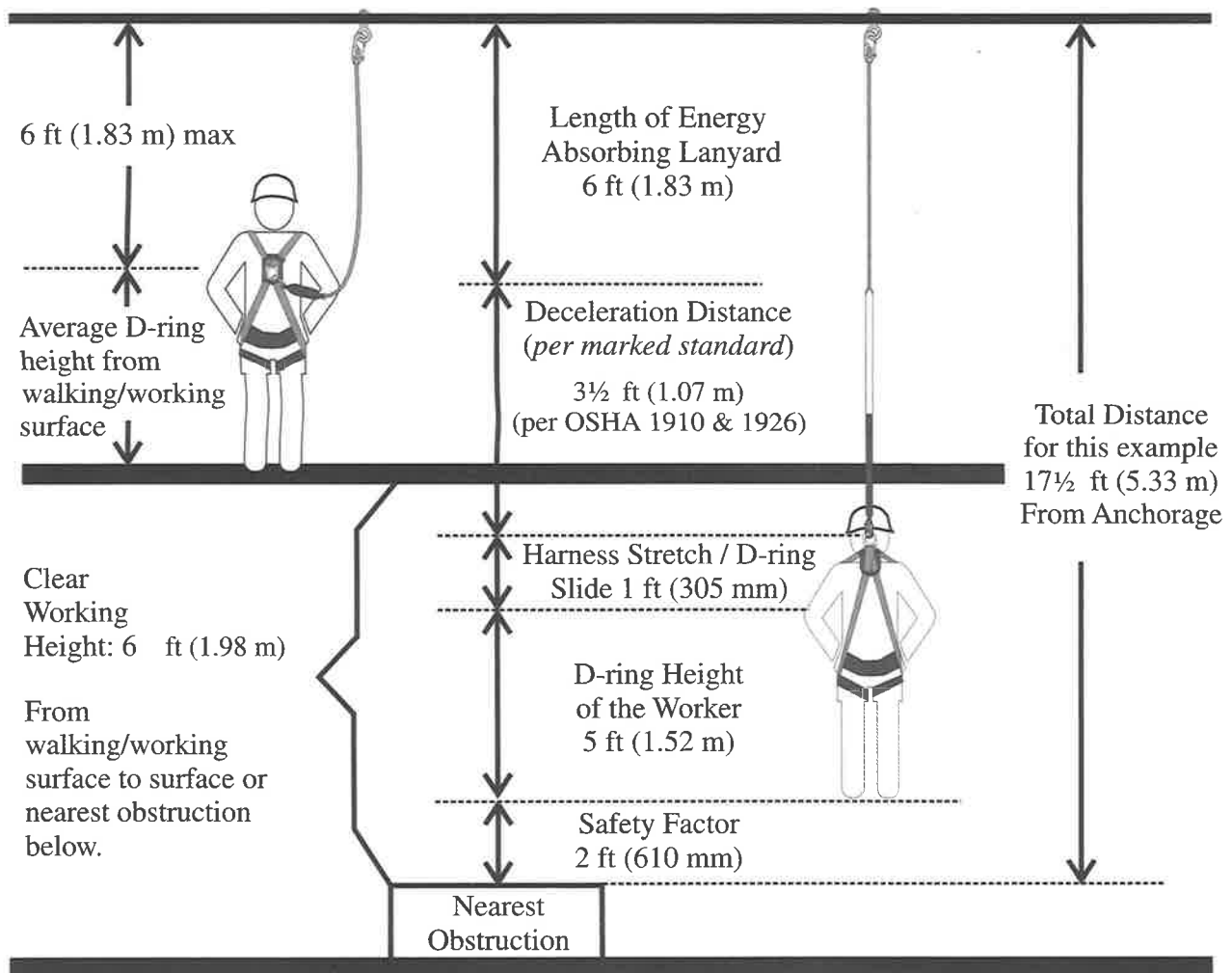


User Instructions for 3M™ Shock Pack, Low Profile and
Expandable Shock-Absorbing Lanyards.

Important: Keep these User Instructions for reference.

Clearance Requirements

The illustration below is an example of how to calculate the fall clearance requirements using Energy Absorbing Lanyards connected to the dorsal D-ring of a full body harness. Add the length of the Energy Absorbing Lanyard (6 feet) to the marked maximum elongation of the lanyard during deceleration ($3\frac{1}{2}$ feet per OSHA 1910 & 1926), to the D-ring height of the worker (average 5 feet). Add 1 foot for the slide of the D-ring and a safety factor of 2 feet to allow for the possibility of an improperly fit harness, a taller than average worker and/or a miscalculation of distances. The total distance from the anchorage is $17\frac{1}{2}$ feet for this example.



⚠ Caution: If an energy absorbing lanyard is used in conjunction with a cross-arm anchorage connector, other anchorage extension, horizontal lifeline, or extended D-ring, the additional length of the anchorage connector, extended D-ring, or sag from the lifeline must be taken into consideration during the clearance calculation process.