



MSA Workman® Self-Retracting Lanyard

With lightweight design, durable thermoplastic housing and impact-absorbing bumpers, the Workman SRL is not only accepted by users, but also provides years of dependable service. The Workman SRL features:

- RFID-enabled product for simplified product tracking and inspection.
- 400-lb working capacity for increased versatility.
- Integral, ergonomic carrying handle for easier transport and installation.
- Available with galvanized or stainless steel lifeline to fit your varied applications.
- Swivel snaphook with load indicator at lifeline end greatly limits twisting of cable; also alerts users that the Workman SRL has been involved in a fall.
- Available in 30- and 50-ft lengths to provide the mobility you need.
- Certification to A10.32, ANSI Z359.14 2012 and CSA Z259.2.2 for compliance and peace of mind. Meets all OSHA requirements.



MSA Workman® Self-Retracting Lanyard Features and Benefits

Integral, ergonomic
carrying handle for
easier transport and
installation.

Impact-absorbing
bumpers provides
years of dependable
service.

RFID-enabled product
for simplified product
tracking and inspection.

Recessed labels
provide increased
durability and
service life.

Swivel snaphook with
load indicator at lifeline
end greatly limits
twisting of cable; also
alerts users that the
Workman SRL has been
involved in a fall.



MSA Workman® Self-Retracting Lanyard Product Specification

Materials

Housing:	Impact-resistant thermoplastic
Bumpers:	Impact-absorbing thermoplastic rubber
Frame:	Alloy steel
Hub:	Cast aluminum
Locking Mechanism:	Alloy steel
Lifeline:	3/16" (5mm) diameter, galvanized steel or stainless steel cable
Snaphook:	Steel with 3,600-lb gate strength

Technical

Maximum Working Load:	400 lbs (181kg)
Minimum Breaking Strength:	3000 lbs (13.3kN)
Lifeline Tension:	Starts at 1.5 lbs (6.7N)
Maximum Arresting Distance:	54" (1.4m) for workers 311 - 400 lbs (142kg - 181kg)
Average Arresting Force:	900 lbs (4kN) for workers 75 - 310 lbs (34-141kg) and under 1800 lbs (8 kN) for workers 311 - 400 lbs (142kg - 181kg)
Weight:	12 lbs - 30-ft version; 17 lbs - 50-ft version
Line Length:	30 ft (9m); 50 ft (15m)

Certification

This product meets or exceeds	OSHA: 1926.502, 1910.66
the following standards:	ANSI: A10.32, Z359.14-2012 CSA: Z259.2.2



For more information on MSA products,
check out these two great resources:



MSA-U® Training Center is a feature-rich online curriculum offering programs on MSA products, product technologies and safety industry standards. www.MSAafety.com/msau



MSA TV offers a wide variety of informative videos on our products. So log in, lean back and learn!



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information.

MSAafety.com/WorkmanSRL

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Note: This bulletin contains only a general description of the products shown. While uses and performance capabilities are described, under no circumstances shall the products be used by untrained or unqualified individuals and not until the product instructions including any warnings or cautions provided have been thoroughly read and understood. Only they contain the complete and detailed information concerning proper use and care of these products.



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MSA
The Safety Company