

# GUARDIAN

## FALL PROTECTION



### Product Name: Cross Arm Strap/Cable Choker

#### Instruction Manual

Part #: 10785; 10786; 10787; 10788; 10790; 10791; 10792; 10793; 10794; 10420; 10421; 10422; 10460; 10461; 10462; 10430; 10431; 10432; 10470; 10471; 10472; 10410; 10411; 10412; 10450; 10451; 10452; 10400; 10401; 10402; 10440; 10441; 10442; 01640; 01630; 01625; 01620; 01641

**Do not throw away these instructions!**  
**Read and understand these instructions before using equipment!**

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Introduction . . . . .	1
Applicable Safety Standards . . . . .	1
Worker Classifications . . . . .	1
Product Specific Applications . . . . .	2
Limitations . . . . .	2-3
Components and Specifications . . . . .	3-4
Installation and Use . . . . .	4-5
Maintenance, Cleaning, and Storage . . . . .	5
Inspection . . . . .	5
Inspection Log . . . . .	6
Safety Information . . . . .	6-7
Labels . . . . .	7

## Introduction

Thank you for purchasing a Guardian Fall Protection Cross Arm Strap/Cable Choker. This manual must be read and understood in its entirety, and used as part of an employee training program as required by OSHA or any applicable state agency.


This and any other included instructions must be made available to the user of the equipment. The user must understand how to safely and effectively use the Cross Arm Strap/Cable Choker, and all fall safety equipment used in combination with the Cross Arm Strap/Cable Choker.

User Information	
Date of First Use:	_____
Serial #:	_____
Trainer:	_____
User:	_____

## Applicable Safety Standards

When used according to instruction specifications, this product meets or exceeds all applicable OSHA 1926 Subpart M, OSHA 1910, ANSI Z359.1-2007, and ANSI A10.32-2012 standards for fall protection. Applicable standards and regulations depend on the type of work being done, and also might include state regulations if applicable. Consult regulatory agencies for more information on personal fall arrest systems and associated components.

## Worker Classifications

	Understand the following definitions of those who work near or who may be exposed to fall hazards.
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**Qualified Person:** A person with an accredited degree or certification, and with extensive experience or sufficient professional standing, who is considered proficient in planning and reviewing the conformity of fall protection and rescue systems.

**Competent Person:** A highly trained and experienced person who is ASSIGNED BY THE EMPLOYER to be responsible for all elements of a fall safety program, including, but not limited to, its regulation, management, and application. A person who is proficient in identifying existing and predictable fall hazards, and who has the authority to stop work in order to eliminate hazards.

**Authorized Person:** A person who is assigned by their employer to work around or be subject to potential or existing fall hazards.

**It is the responsibility of a Qualified or Competent person to supervise the job site and ensure all applicable safety regulations are complied with.**

## Product Specific Applications



**WARNING** Use of equipment in unintended applications may result in serious injury or death. Maximum 1 attachment per connection point.



**Personal Fall Arrest:** Cross Arm Strap/Cable Choker may be used to support a MAXIMUM 1 PFAS for use in Fall Arrest applications. Structure must withstand loads applied in the directions permitted by the system of at least 5,000 lbs. Maximum free fall is 6', or up to 12' if used in combination with equipment explicitly certified for such use. Applicable D-ring: Dorsal.



**Restraint:** Cross Arm Strap/Cable Choker may be used in Restraint applications. Restraint systems prevent workers from reaching the leading edge of a fall hazard. Always account for fully deployed length of lanyard/SRL. Structure must withstand loads applied in the directions permitted by the system of at least 1,000 lbs. No free fall is permitted. Restraint systems may only be used on surfaces with slopes up to 4/12 (vertical/horizontal). Applicable D-rings: Dorsal, Chest, Side, Shoulder.

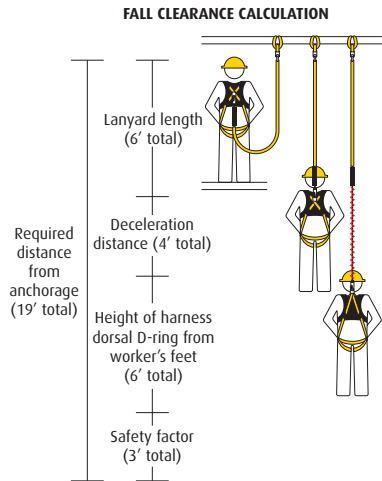
**For all applications: worker weight capacity range (including all clothing, tools, and equipment) is 130-420 lbs.**

## Limitations

**Fall Clearance:** There must be sufficient clearance below the anchorage connector to arrest a fall before the user strikes the ground or an obstruction. When calculating fall clearance, account for a MINIMUM 3' safety factor, deceleration distance, user height, length of lanyard/SRL, and all other applicable factors.

**Diagram shown is an example fall clearance calculation ONLY.**

**Swing Falls:** Prior to installation or use, make considerations for eliminating or minimizing all swing fall hazards. Swing falls occur when the anchor is not directly above the location where a fall occurs. Always work as close to in line with the anchor point as possible. Swing falls significantly increase the likelihood of serious injury or death in the event of a fall.



**Compatibility:** When making connections with Cross Arm Strap/Cable Choker, eliminate all possibility of roll-out. Roll-out occurs when interference between a hook and the attachment point causes the hook gate to unintentionally open and release. All connections must be selected and deemed compatible with Cross Arm Strap/Cable Choker by a Competent Person. All connector gates must be self-closing and self-locking, and withstand minimum loads of 3,600 lbs. See the following for examples of compatible/incompatible connections:

Connector closed and locked to D-ring. **OK.**



Connector to integral lanyard. **NO.**

Two connectors to same D-ring. **NO.**



Connector directly to webbing. **NO.**

Incompatible or irregular application, which may increase risk of roll-out. **NO.**



Connector directly to horizontal lifeline. **NO.**

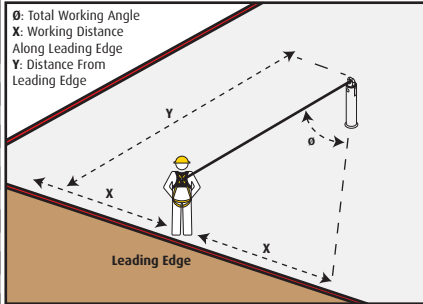
Two or more snap hooks or carabiners connected to each other. **NO.**



### Correct Anchorage Positioning:

This chart details allowable working zones required to reduce risk of swing falls and improper side loading. **ALWAYS** adhere to information specified by chart.

Anchor Distance From Leading Edge (Y)	Working Distance Along Roof Edge (Either Direction) (X)	Working Angle From Perpendicular ( $\theta$ )
6'	8"	53°
10'	9' - 9"	45°
15'	11' - 7"	38°
20'	13' - 3"	33°
25'	14' - 6"	30°
30'	16"	28°
35'	17' - 2"	26°
40'	18' - 3"	24°
45'	19' - 4"	23°
50'	19' - 10"	21°
55'	21' - 4"	21°
60'	22' - 3"	21°



For example, if the anchorage connector is 6' from the leading edge (Y), the working distance (X) is 8" in each direction from the perpendicular, which translates to a 53° working angle.

## Components and Specifications

Materials:

Cross Arm Strap: galvanized steel, polyester, and nylon.

Cable Choker: galvanized steel and vinyl.

Cross Arm Strap



Cable Choker



Part #	Length	Description
10786 - 10794	4' - 30'	Premium Cross Arm Strap w/ Large & Small D-rings
10420 - 10442	3', 4', 6'	Galvanized Cable w/3" O-Ring & Snap Hook Ends
10460 - 10462	3', 4', 6'	Vinyl Coated Galvanized Cable w/3" O-Ring & Snap Hook Ends
10430 - 10432	3', 4', 6'	Galvanized Cable w/Snap Hook Ends
10470 - 10472	3', 4', 6'	Vinyl Coated Galvanized Cable w/Snap Hook Ends
10410 - 10412	3', 4', 6'	Galvanized Cable w/2½" & 3" Ends
10450 - 10452	3', 4', 6'	Vinyl Coated Galvanized Cable w/2½" & 3" Ends
10400 - 10402	3', 4', 6'	Galvanized Cable w/Thimble Ends
10440 - 10442	3', 4', 6'	Vinyl Coated Galvanized Cable w/2½" & 3" Ends
01640, 01630, 01620	3', 4', 6'	Cross Arm Strap w/Loop End
01625	6'	Cross Arm Strap w/Large & Small D-Rings
10795, 10797	3', 6'	Surfacetech Web Premium Cross Arm Strap w/Large & Small D-Rings
01641	17"	Scaffold Choker w/1" Nylon Web & D-Ring End

## Installation and Use

### Prior to installation, plan your system:

1. All components of the personal fall arrest system must be selected and deemed compatible with the applicable Cross Arm Strap/Cable Choker by a Competent Person.
2. Inspect work area to ensure the absence of all hazards, including, but not limited to, debris, rot, rust, heat, corrosive chemicals, machinery, electric shock, and sharp or abrasive edges or surfaces.
3. Eliminate or minimize all risk of swing fall hazards.

### Installation:

1. Place Cross Arm Strap/Cable Choker over compatible structural anchor. Labels MUST face out. For Cross Arm Straps, structural anchor MUST NOT have sharp or abrasive edges or surfaces. Cable Chokers are designed to resist wear resulting from contact from sharp or abrasive edges and surfaces, but this contact should be minimized as much as possible.
2. For Cross Arm Straps/Cable Chokers with large and small D-rings, or with web loop and D-ring, pass small D-ring through large D-ring/web loop, and pull until strap is taut. Cross Arm Strap/Cable Choker may be looped around structural anchor multiple times to reduce excess length. Pass through large D-ring/web loop each time Cross Arm Strap/Cable Choker is wrapped around anchorage.
3. For Cable Choker with snap hook ends, connect snap hook directly to cable. NEVER attach snap hook directly to Cable Eye or other snap hook.
4. For Cable Choker with thimble ends, connect thimble ends with compatible carabiner.
5. Connect complete and compatible PFAS to small D-ring, or to cable if applicable. NEVER make connections to large D-ring or web loop. NEVER make more than one attachment per connection point.



**WARNING**

Ensure no risk exists for Cross Arm Strap/Cable Choker to disconnect from selected installation location.

## Maintenance, Cleaning, and Storage

If Cross Arm Strap/Cable Choker fails inspection in any way, immediately remove it from service, and contact Guardian to inquire about its return or repair.

Cleaning after use is important for maintaining the safety and longevity of Cross Arm Strap/Cable Choker. Remove all dirt, corrosives, and contaminants from Cross Arm Strap/Cable Choker before and after each use. If Cross Arm Strap/Cable Choker cannot be cleaned with plain water, use mild soap and water, then rinse and wipe dry. NEVER clean Cross Arm Strap/Cable Choker with corrosive substances.

When not in use, store equipment where it will not be affected by heat, light, excessive moisture, chemicals, or other degrading elements.

## Inspection

Prior to EACH use, inspect Cross Arm Strap/Cable Choker for deficiencies, including, but not limited to, corrosion, deformation, pits, burrs, rough surfaces, sharp edges, cracking, rust, paint buildup, excessive heating, alteration, broken stitching, fraying, and missing or illegible labels. IMMEDIATELY remove Cross Arm Strap/Cable Choker from service if defects or damage are found, or if exposed to forces of fall arrest.

Ensure that applicable work area is free of all damage, including, but not limited to, debris, rot, rust, decay, cracking, and hazardous materials. Ensure that selected work area will support the application-specific minimum loads set forth in this instruction manual. Work area MUST be stable.

At least every 6 months, a Competent Person other than the user must inspect Cross Arm Strap/Cable Choker. **Competent Person inspections MUST be recorded in inspection log in instruction manual and on equipment inspection grid label. The Competent Person must sign their initials in the box corresponding to the month and year the inspection took place.**

During inspection, consider all applications and hazards Cross Arm Strap/Cable Choker has been subjected to.

## Inspection Log

Date of First Use: \_\_\_\_\_.

**Product lifetime is indefinite, as long as product passes all inspection requirements. User must inspect prior to EACH use. Competent Person other than user must complete formal inspection at least every 6 months. Competent Person to inspect and initial.**

**This inspection log must be specific to one Cross Arm Strap/Cable Choker. Separate inspection logs must be used for each Cross Arm Strap/Cable Choker. All inspection records must be made visible and available to all users at all times.**

	J	F	M	A	M	J	J	A	S	O	N	D
YR												
YR												
YR												
YR												
YR												

**If equipment fails inspection  
IMMEDIATELY REMOVE FROM SERVICE.**

## Safety Information



Failure to understand and comply with safety regulations may result in serious injury or death. Regulations included herein are not all-inclusive, are for reference only, and are not intended to replace a Competent Person's judgment or knowledge of federal or state standards.

Do not alter equipment. Do not misuse equipment.

Workplace conditions, including, but not limited to, flame, corrosive chemicals, electrical shock, sharp objects, machinery, abrasive substances, weather conditions, and uneven surfaces, must be assessed by a Competent Person before fall protection equipment is selected.

The analysis of the workplace must anticipate where workers will be performing their duties, the routes they will take to reach their work, and the potential and existing fall hazards they may be exposed to. Fall protection equipment must be chosen by a Competent Person. Selections must account for all potential hazardous workplace conditions. All fall protection equipment should be purchased new and in an unused condition.

Fall protection systems must be selected and installed under the supervision of a Competent Person, and used in a compliant manner. Fall protection systems must be designed in a manner compliant with all federal, state, and safety regulations. Forces applied to anchors must be calculated by a Competent Person.

Unless explicitly stated otherwise, the maximum allowable free fall distance for lanyards must not exceed 6'. No free fall allowed for non-LE SRLs. Class A SRLs must arrest falls within 24"; Class B SRLs must arrest falls within 54".

Harnesses and connectors selected must be compliant with manufacturer's instructions, and must be of compatible size and configuration. Snap hooks, carabiners, and other connectors must be selected and applied in a compatible fashion. All risk of disengagement must be eliminated. All snap hooks and carabiners must be self-locking and self-closing, and must never be connected to each other.

A pre-planned rescue procedure in the case of a fall is required. The rescue plan must be project-specific. The rescue plan must allow for employees to rescue themselves, or provide an alternative means for their prompt rescue. Store rescue equipment in an easily accessible and clearly marked area.

Training of Authorized Persons to correctly erect, disassemble, inspect, maintain, store, and use equipment must be provided by a Competent Person. Training must include the ability to recognize fall hazards, minimize the likelihood of fall hazards, and the correct use of personal fall arrest systems.

NEVER use fall protection equipment of any kind to hang, lift, support, or hoist tools or equipment, unless explicitly certified for such use.

Equipment subjected to forces of fall arrest must immediately be removed from use.

Age, fitness, and health conditions can seriously affect the worker should a fall occur. Consult a doctor if there is any reason to doubt a user's ability to withstand and safely absorb fall arrest forces or perform set-up of equipment. Pregnant women and minors must not use this equipment.

Physical harm may still occur even if fall safety equipment functions correctly. Sustained post-fall suspension may result in serious injury or death. Use trauma relief straps to reduce the effects of suspension trauma.

**Labels**

**GUARDIAN**  
FALL PROTECTION  
1-800-466-6385  
6305 S. 231st St.  
Kent, WA 98032  
www.guardianfall.com

**Cross Arm Strap**

Prior to use, read and understand all manufacturer's instructions provided with equipment at time of shipment.

Compliant with OSHA 1910, OSHA 1926 Subpart M, ANSI Z359.1-2007, and ANSI A10.32-2012 regulations.

Serial #: [Redacted]

**Materials:**  
Polyester and Steel

Capacity Range: 130-310 lbs. (including all equipment), or up to 420 lbs. if used in combination with equipment explicitly certified for such use.

All PFAS equipment must be selected and deemed compatible with Cross Arm Strap by a Competent Person.

Only make compatible connections. Refer to instructions for proper connection methods.

**WARNING**

MAXIMUM 1 connection per anchor.  
Avoid contact with hazards, including, but not limited to, heat, chemicals, electricity, and sharp or abrasive edges and surfaces.

90614 (Rev. F)

**INSPECTION GRID**

User must inspect prior to EACH use. Competent Person must complete formal inspection every 6 months. Competent Person to inspect and initial.

Date of First Use: [Redacted]

Product lifetime is indefinite, as long as product passes all inspection requirements.

MO	YR	20	20	20	20	20
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F						
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J						
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If equipment fails inspection  
IMMEDIATELY REMOVE FROM SERVICE

**DO NOT REMOVE LABELS**

**GUARDIAN**  
FALL PROTECTION  
1-800-466-6385  
www.guardianfall.com

**Scaffold Choker**

Part #: 01641

Date of Manufacture: [Redacted]

Serial #: [Redacted]

**Prior to use, read and understand all manufacturer's instructions provided with equipment at time of shipment.**

Compliant with OSHA 1910, OSHA 1926 Subpart M, ANSI Z359.1-2007, and ANSI A10.32-2012 fall protection regulations.

Materials:  
Polyester and Steel

Capacity Range:  
130-420 lbs.

All PFAS equipment must be selected and deemed compatible with Scaffold Choker by Competent Person.

Only make compatible connections. Refer to instructions for proper connection methods.

**WARNING**

MAXIMUM 1 connection per anchor.

Avoid contact with hazards, including, but not limited to, heat, chemicals, electricity, and sharp or abrasive edges and surfaces.

90612 (Rev. B)

**Inspection Grid**


User must inspect before each use. Competent Person to inspect and initial at least every 6 months.

Date of First Use: [Redacted]

Product lifetime is indefinite, as long as product passes all inspection requirements.

If equipment fails inspection, IMMEDIATELY REMOVE FROM SERVICE.

**DO NOT REMOVE LABELS**

**GUARDIAN**  
FALL PROTECTION

**Cable Choker**

Description: [Redacted]

Part #: [Redacted] Length: [Redacted]

Date of Manufacture: [Redacted]

**Inspection Grid:**

Inspect prior to each use. Competent Person must inspect and record at least every 6 months.

	J	F	M	A	M	J	J	A	S	O	N	D
YR												
YR												
YR												
YR												

ANSI Z359.1-07, ANSI A10.32-12, OSHA 1910, and OSHA 1926 Subpart M.

Maximum 1 connection per Cable Choker.  
Capacity range: 130-310 lbs., or up to 420 lbs. if used with equipment explicitly certified for such use.  
Minimum breaking strength: 5,000 lbs.  
Materials: galvanized steel.  
Always use with compatible equipment.  
**ONLY MAKE COMPATIBLE CONNECTIONS.**

**WARNING! READ CAREFULLY BEFORE USING**

MANUFACTURER'S INSTRUCTIONS INCLUDED AT TIME OF SHIPMENT MUST BE FOLLOWED AT ALL TIMES FOR PROPER USE, MAINTENANCE, AND INSPECTION. ALTERATION, ABUSE, OR MISUSE OF THIS PRODUCT MAY RESULT IN SERIOUS INJURY OR DEATH. DO NOT REMOVE LABELS.