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## TECHNICAL DATA SHEET



### **EXTREME FS560-3**

3' Shock Lanyard w/ Double-Locking  
Snap Hooks



<b>Features and Benefits</b>	Fall arrest lanyard with two snap hooks. Hook with shock pack attaches to harness D-ring, other end attaches to anchor point.
<b>Length</b>	3 feet (.91 m)
<b>Weight</b>	2.5 lbs (1.13 kg)
<b>Weight Capacity</b>	310 lbs (140.61 kg)
<b>Attachment Point(s)</b>	2 snap hooks
<b>Materials</b>	1 in (25.4 mm) Polyester webbing Polyester stitching grade 10 Shock absorber Forged steel snap hooks: 3,600 lbs Gate-rated; Min breaking strength > 5,000 lbs
<b>Applicable Standards</b>	Meets OSHA 1926-502 - ANSI Z359.13-2009 - ANSI A10.32 2012