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TECHNICAL DATA SHEET



EXTREME FS565-AJ

6' Adjustable Shock Lanyard w/ Rebar Hook



Features and Benefits	Fall arrest lanyard with one rebar hook (attaches to anchor point) and one snap hook (attaches to harness D-ring). Designed to fit Symons form.
Length	Adjustable to 4ft (1.22 m) to 6 ft (1.83 m)
Weight	3.60 lbs (1.63 kg)
Weight Capacity	310 lbs (140.61 kg)
Attachment Point(s)	1 Snap hook - 1 Rebar hook
Materials	1 in (25.4 mm) Polyester webbing Polyester stitching grade 10 Shock absorber Forged steel snap hook and rebar hook, each: 3,600 lbs Gate-rated; Min breaking strength > 5,000 lbs
Applicable Standards	Meets OSHA 1926-502 - ANSI Z359.13-2009 - ANSI A10.32 2012