



Product Name: Cable Choker

Instruction Manual

Part #: 10400; 10401; 10402; 10410; 10411; 10412; 10416; 10417; 10418; 10420; 10422; 10430; 10432; 10434; 10440; 10441; 10442; 10450; 10451; 10452; 10453; 10454; 10460; 10461; 10462; 10470; 10471; 10472; 10473; 99-10-0006; 99-10-0007; 99-10-0008; 99-10-0009; 99-10-0010

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

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## Introduction

Thank you for purchasing a Guardian 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 Cable Choker,, and all fall safety equipment used in combination with the 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 1926.502 , OSHA 1910.140 , ANSI Z359.18-2017 standards for fall protection. This product has been tested in compliance with the requirements of ANSI/ASSE Z359.7. Testing only covers hardware and does not extend to the anchorage or substrate to which this product is attached. Applicable standards and regulations depend on the type of work being done, and also might include state-specific regulations. Consult regulatory agencies for more information on personal fall arrest systems and associated components.



## Worker Classifications



### **CAUTION!**

Understand the following definitions of those who work near or who may be exposed to fall hazards.

**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:** 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:** 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.

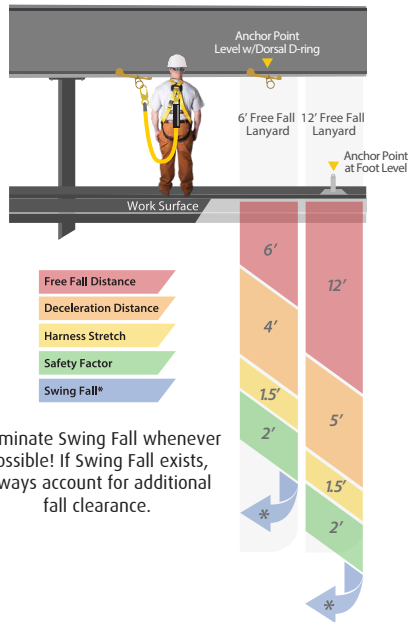
**For all applications: worker weight capacity range (including all clothing, tools, and equipment) is 130-420 lbs.**

## Limitations

**Fall Clearance:** There must be sufficient clearance below the anchorage connector to arrest a fall before the user strikes the ground or any obstruction. When calculating fall clearance, account for a MINIMUM 2' safety factor, free fall, deceleration distance, harness stretch, swing fall, and all other applicable factors.

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

Fall clearance calculation shown based on standing worker falling directly in-line with anchor point.  
Always consider potential swing fall and other hazards when calculating fall clearance.



**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 Cable Choker<sup>™</sup>, 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 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.**

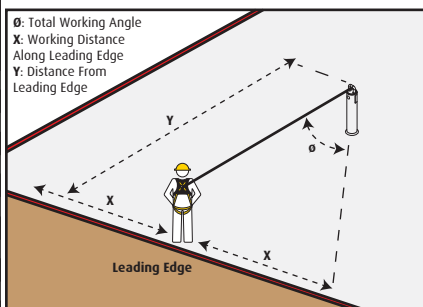
Two or more snap hooks or carabiners connected to each other. **NO.**



## 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 (θ)
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.

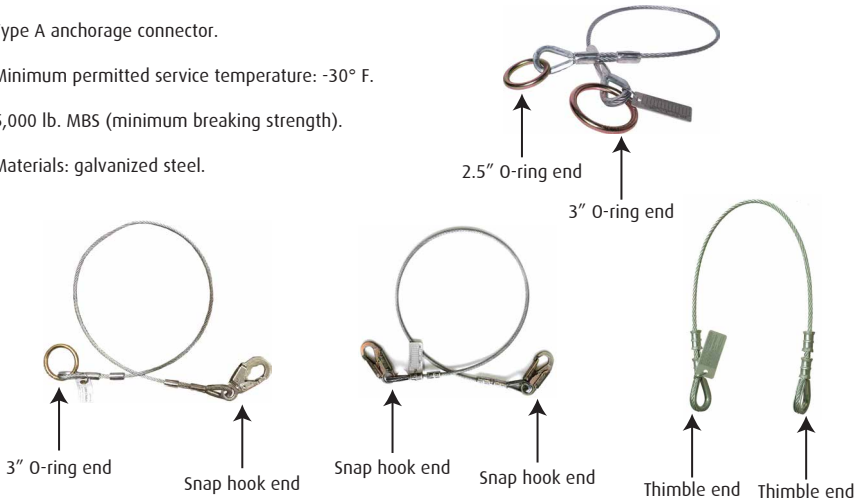
## Components and Specifications

Type A anchorage connector.

Minimum permitted service temperature: -30° F.

5,000 lb. MBS (minimum breaking strength).

Materials: galvanized steel.



Part #	Length	Description
10400	3'	3 Foot Galvanized Cable Choker Anchor w/Thimble Ends
10401	4'	4 Foot Galvanized Cable Choker Anchor w/Thimble Ends
10402	6'	6 Foot Galvanized Cable Choker Anchor w/Thimble Ends
10410	3'	Cable Choker Anchor w/2.5" & 3" O-ring Ends
10411	4'	Cable Choker Anchor w/2.5" & 3" O-ring Ends
10412	6'	Cable Choker Anchor w/2.5" & 3" O-ring Ends
10416	4'	Vinyl Coated Cable Choker Anchor w/Dual 3" O-ring End & Snap Hook End
10417	6'	Cable Choker Anchor w/Dual 3" O-ring End & Snap Hook End
10418	8'	Cable Choker Anchor w/Dual 3" O-ring End & Snap Hook End
10420	3'	Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10421	4'	Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10422	6'	Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10430	3'	Cable Choker Anchor w/Snap Hook Ends
10431	4'	Cable Choker Anchor w/Snap Hook Ends
10432	6'	Cable Choker Anchor w/Snap Hook Ends
10434	5'	Cable Choker Anchor w/Snap Hook Ends
10450	3'	Vinyl Coated Cable Choker Anchor w/2.5" & 3" O-ring Ends
10451	4'	Vinyl Coated Cable Choker Anchor w/2.5" & 3" O-ring Ends
10452	6'	Vinyl Coated Cable Choker Anchor w/2.5" & 3" O-ring Ends
10453	8'	Vinyl Coated Cable Choker Anchor w/2.5" & 3" O-ring Ends
10454	10'	Vinyl Coated Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10460	3'	Vinyl Coated Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10461	4'	Vinyl Coated Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10462	6'	Vinyl Coated Cable Choker Anchor w/3" O-ring & Snap Hook Ends
10470	3'	Vinyl Coated Cable Choker Anchor w/Snap Hook Ends
10471	4'	Vinyl Coated Cable Choker Anchor w/Snap Hook Ends
10472	6'	Vinyl Coated Cable Choker Anchor w/Snap Hook Ends
10473	9.5'	Vinyl Coated Cable Choker Anchor w/Snap Hook Ends
99-10-0006	7'	Vinyl Coated Cable Choker Anchor w/Thimble Ends
99-10-0007	8'	Vinyl Coated Cable Choker Anchor w/Thimble Ends
99-10-0008	9'	Vinyl Coated Cable Choker Anchor w/Thimble Ends
99-10-0009	10'	Vinyl Coated Cable Choker Anchor w/Thimble Ends
99-10-0010	12'	Vinyl Coated Cable Choker Anchor w/Thimble Ends

## 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 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.
4. Cable Chokers are rated for loading in any direction provided installed as prescribed.
5. Cable Chokers are permitted for use in combination with horizontal lifelines (HLLs).

### Installation:

1. Place Cable Choker over compatible structural anchor.
2. Installation varies based on product type:

- For Cable Choker with 2.5" and 3" O-ring ends, wrap anchor around structure and pass small O-ring through large O-ring. Cinch snugly against structure. Cable Choker may be looped around structural anchor multiple times to reduce excess length. Pass through O-ring each time Cable Choker is wrapped around anchorage.

- For Cable Choker with 3" O-ring and snap hook ends, wrap anchor around structure and pass snap hook through O-ring. Cinch snugly against structure. Snap hook must only connect to compatible D-ring or O-ring. Never attach hook or carabiner to snap hook.

- For Cable Choker with snap hook ends, wrap anchor around structure and connect snap hook back to anchor cable. Never connect snap hook to snap hook or to captive eye.

- For Cable Chokers w/dual O-ring end (part #s 10416-10418), loop anchor around structure and connect snap hook end to one O-ring. Unused O-ring is free for PFAS connection. Never make more than 1 connection to Dual Leg Cable Choker.

3. For Cable Choker with thimble ends, wrap around structure and connect through both thimble eyes with hook of applicable connecting device. Always ensure that space between thimble eyes will not result in any potential loading of connector hook gate. Never connect thimble eyes with standalone carabiner in the effort to then connect to carabiner with connecting device hook.
4. Connect complete and compatible PFAS to Cable Choker. NEVER make connections to 3" pass-through O-ring, captive eyes, or any other incompatible location on Cable Choker. Maximum one connection per anchor.

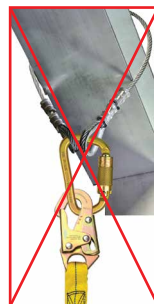


Thimble End Example:

YES



NO



### **⚠ WARNING!**

Ensure no risk exists for Cable Choker to disconnect from selected installation location.



## Maintenance, Cleaning, and Storage

If Cable Choker fails inspection in any way, immediately remove it from service, and contact Guardian to inquire about its return or repair. Field serviceability testing is not required, and should not be done by the end user.

Cleaning after use is important for maintaining the safety and longevity of Cable Choker. Remove all dirt, corrosives, and contaminants from Cable Choker before and after each use. If Cable Choker cannot be cleaned with plain water, use mild soap and water, then rinse and wipe dry. NEVER clean 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 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 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 12 months, a Competent Person other than the user must inspect 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 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 12 months. Competent Person to inspect and initial.

This inspection log must be specific to one Cable Choker. Separate inspection logs must be used for each 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

### **⚠ WARNING!**

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

1500110 Rev. A-1

  
**GUARDIAN**  
**Cable Choker**  
 w/Snap Hook Ends  
 Length: 5ft (1.5 m)

1

Part #: 10434

Serial #:

LOT:

DOM:

2

ANSI Z359.18-17  
 OSHA 1910.140, and OSHA 1926.502.  
 Type A anchorage connector.  
 Minimum permitted service temperature: -30° F (-34° C).  
 Capacity range: 130-420 lbs (45 - 191 kg).  
 5,000 lb. (22.2 kN) MBS (min. breaking strength)  
 Materials: galvanized steel.  
 Maximum 1 connection per Cable Choker.  
 Only make compatible connections.

3

INSPECTION GRID  
CUADRICULA DE INSPECCIÓN  
GRILLE D'INSPECTION

Date:				
Initials:				

Date of First Use:

4

**⚠ 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.



**⚠ WARNING**

**Large O-ring for pass-through only. Do not connect to large O-ring.**

\*Warning tag for applicable parts only.