

ABS B-Lock 3.5 m - 30 m (steel cable)

Self-retracting lifeline with steel cable



An individual fall arrest system is regarded as being particularly safe, if the user is roped up as tightly as possible - this minimises the danger of falling as well as the fall distance and the risk of injury. Our ABS B-Lock self-retracting lifelines (EN 360:2002) relieve you of the burden of having to shorten them manually: The integrated spring drum assembly automatically keeps the stainless steel cable taut. If the individual attached to the system falls, this spring drum immediately locks: When the rate of extension exceeds 0.5 metres per second, the self-retracting lifeline automatically blocks - similar to the safety belt in your car. The fall is stopped after just a few centimetres - considerably reducing the risk of injury.

PPE Type

Self-retracting lifeline

Max. no. of users

1 Person

In addition, our ABS B-Lock self-retracting lifelines also function as an energy absorber. The integrated braking system reduces the force to which the user's body is exerted in the case of a fall to between 3-4 kN depending on the weather conditions and type of application - a value which is well below the 6 kN level stipulated in EN 360:2002. Even when the maximum expandable length of the stainless steel cable is reached - in the case of our longest model 30 m - it is hardly likely to get tangled up or twisted. All our ABS B-Lock models are fitted with practical rotating brackets at each end which also increase safety. Added safety is also provided by the fall indicator attached to the carabiner hook used to connect up PPE equipment - if the indicator field is red, this means that the self-retracting lifeline has already been used to catch somebody, i.e. the device needs to be examined/serviced.

The steel cables of our self-retracting lifeline models have a strength rating of 12 kN. Doubly-secured twistlock carabiner hooks (in accordance with EN 362:2004), are included in our standard ABS B-Lock package - as is a particularly hard-wearing casing made of ultralight UV and weather-resistant synthetic material. At the bottom of the cable, a high-quality carabiner snap hook can be used to attach a safety harness. For self-retracting lifelines hooked up in places that are difficult to reach, for example, just below the roof of a factory hall, we supply a range of different telescopic rods which can be used to pull over the carabiner hook from a distance.

- EN 360:2002
- Strength rating: 12kN
- Upper and lower rotating brackets prevent twisting
- Carabiner equipped with a fall indicator





ABS TelePole

Telescopic rod - designed to easily access your carabiners



ABS Comfort

Easy-to-wear safety harness for continuous usage when working high up

