

Basic safety rules for work at height are based on many years of experience of the POLYGON Singing Rock members and EU and Czech Republic laws and directives.

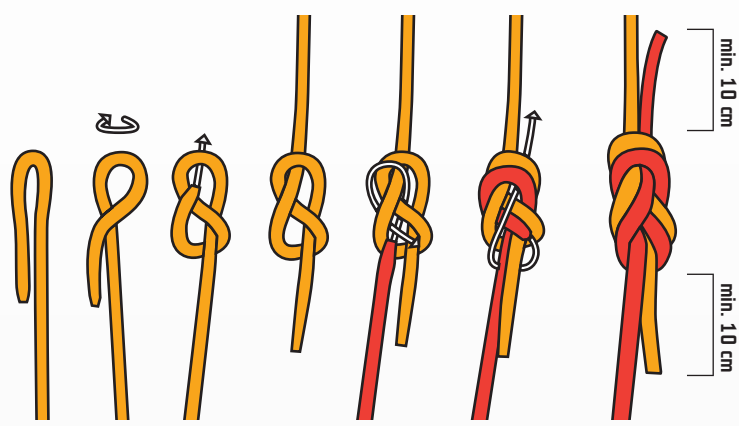
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## ROPE ACCESS

### Rope Access:

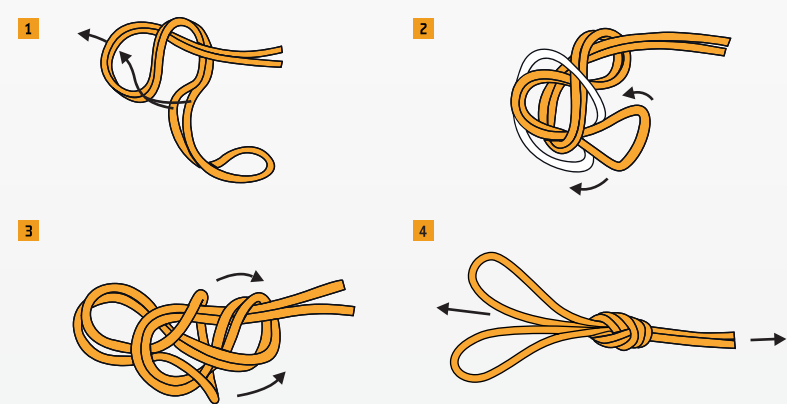
Rope access or industrial climbing is a form of work, which applies practical ropework to allow workers to access difficult-to-reach locations without the use of scaffolding, cradles or an aerial work platform. Rope access technicians descend, ascend, and traverse ropes for access and work while suspended by their harness. Sometimes a work seat may be used. The support of the rope is intended to eliminate the likelihood of a fall altogether, but a back-up fall arrest system is used in case of the unlikely failure of the primary means of support. This redundancy system is usually achieved by using two ropes - a working line and a safety line.

#### Figure eight bend

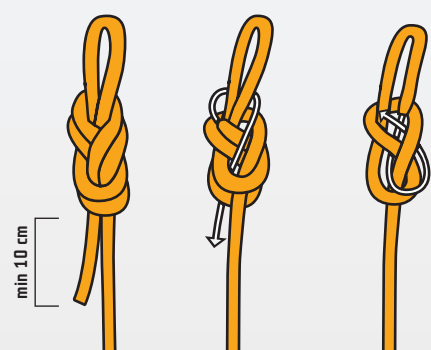


#### Double figure eight loop (Bunny Ears)

Very useful for equalizing the load on two anchor points.

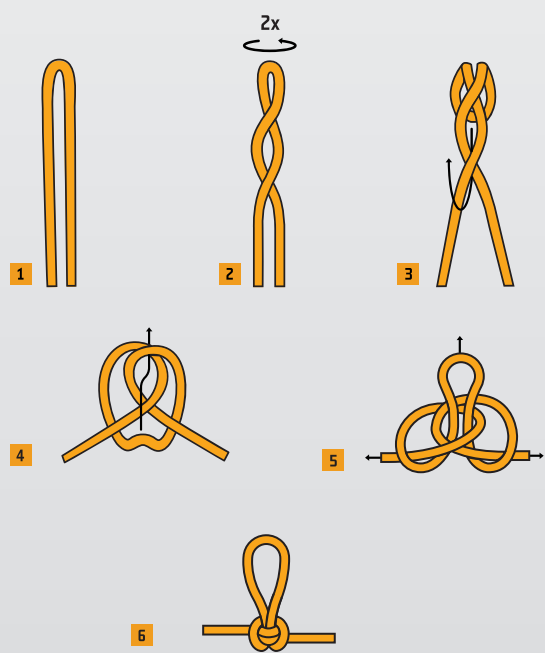


#### Figure-eight loop



#### Alpine butterfly

Reduces the strength of the rope in lab. conditions by approx. 39 %. Suitable for anchoring from separate points, inter-anchoring.

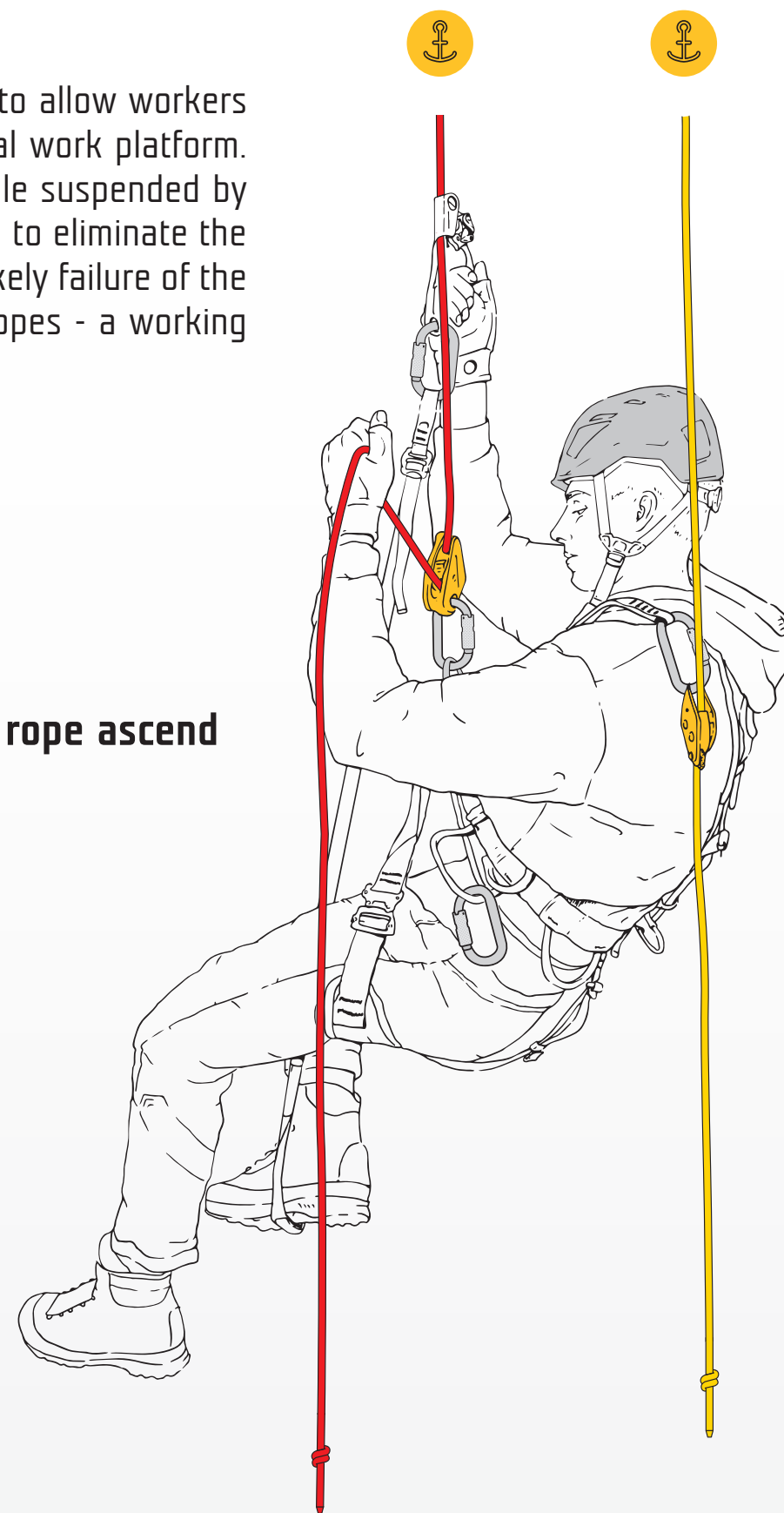


#### Stopper knot

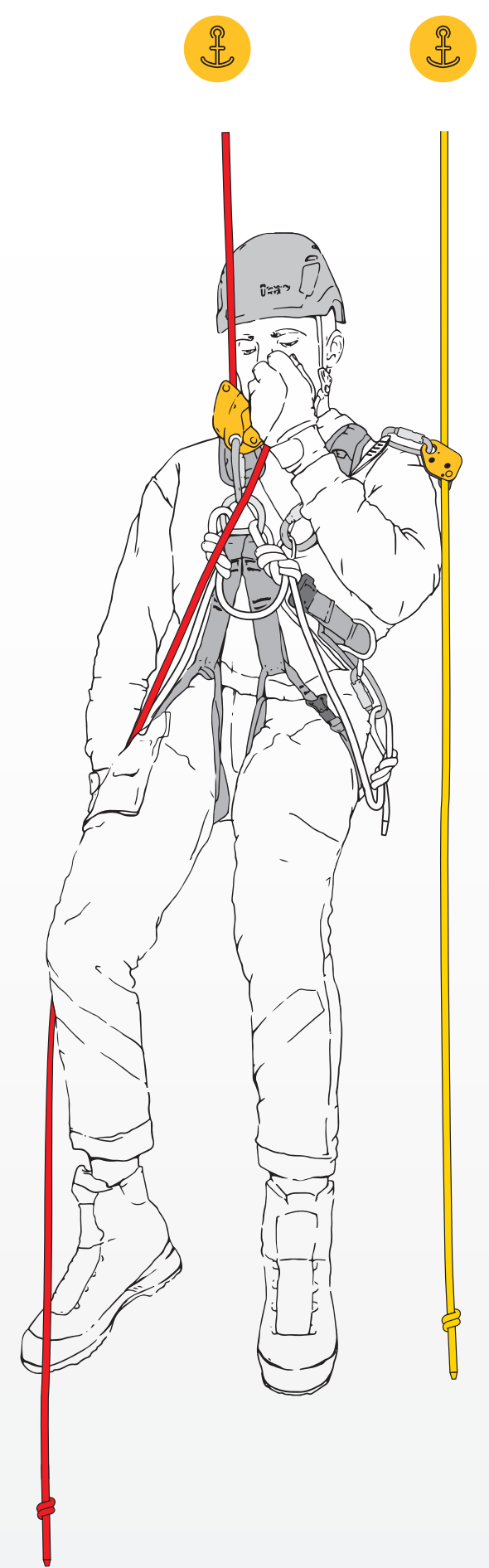
Double fisherman's knot



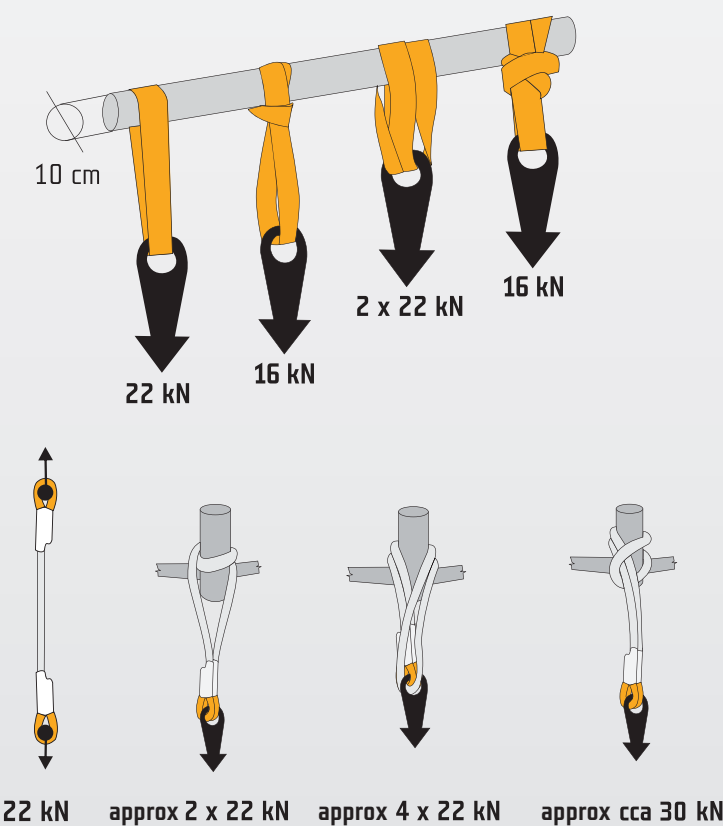
rope ascend



rope descend



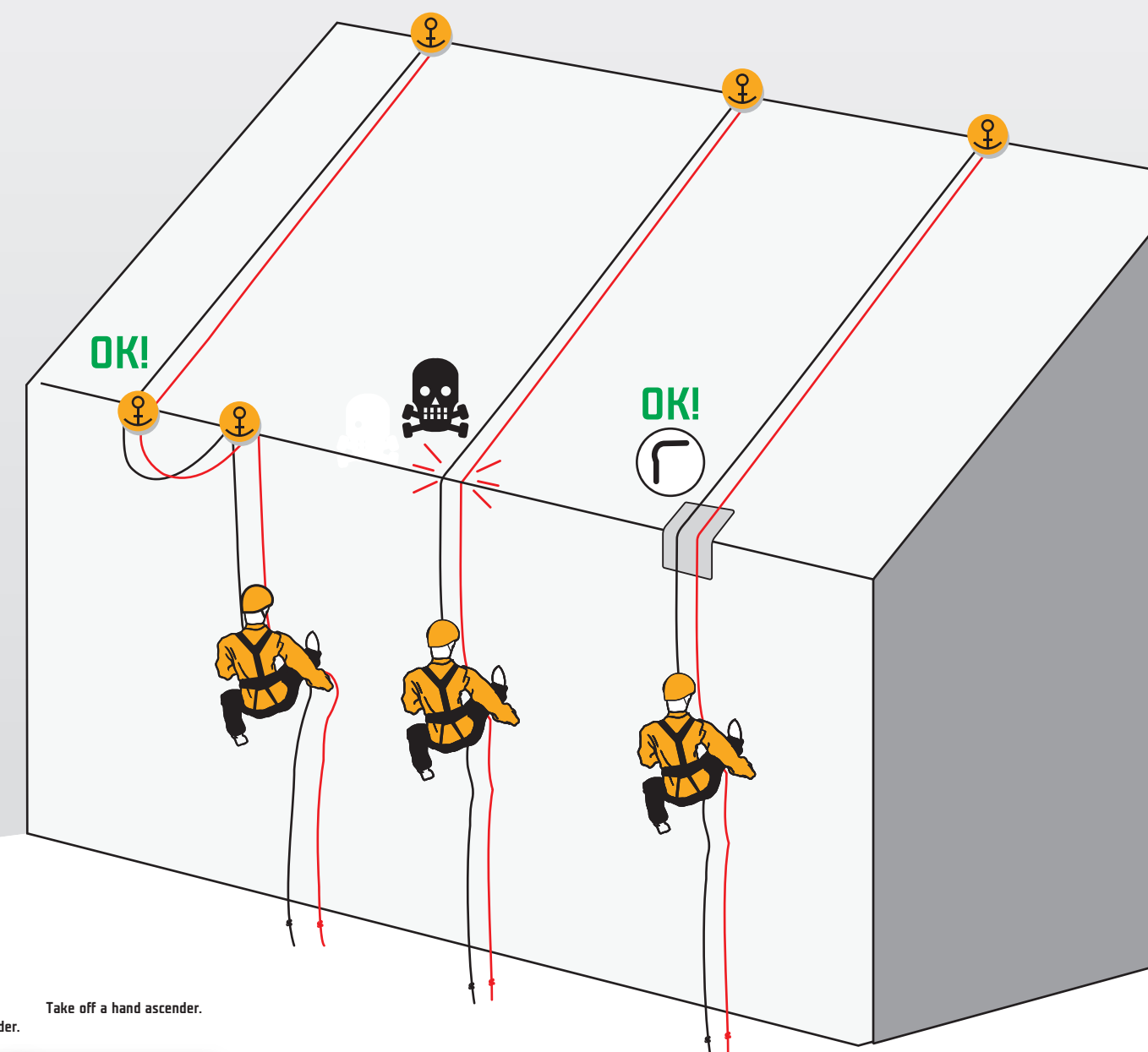
The use of a sling or lanyard when creating the anchor point. The anchor point must have min. strength 24 kN.



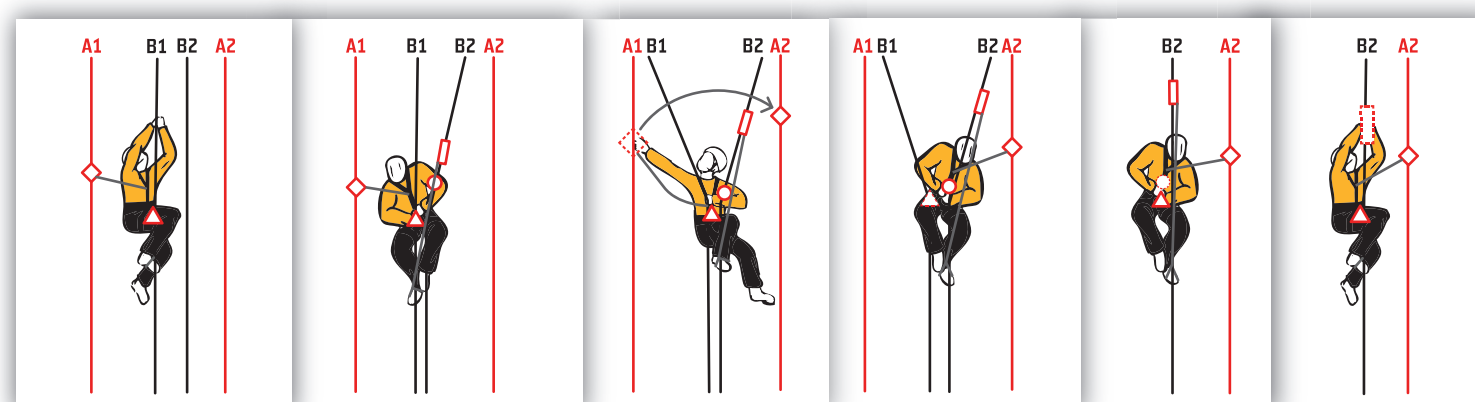
#### Lanyard with a stitched loop


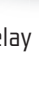

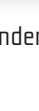


Using a lanyard with a loop is the best possible method of eliminating the possibility of tying a knot wrongly during the anchoring.

Without proper understanding of knotting techniques and their practical mastery, the use of knots is dangerous and may lead to serious accidents!



Working position with a descender. Place hand and chest ascenders. Position body into the descender and ascenders, re-place the fall arrester. Take off the descender. Place descender and take off a chest ascender. Take off a hand ascender.



Short rope-to-rope transfer:  off belay  descender (SIR)  hand ascender (LIFT)  chest ascender (CAM CLEAN)  positioning sling in a knot (COW'S TAIL)  fall arrester (LOCKER)