

Basically use equipment that has passed standards such as CE, EN, UIAA, etc.

Clothing

Basically wear long sleeves and long pants suitable for work.

Since it is often difficult to immediately evacuate from the rope, consider it similar to mountaineering and select clothing made of materials that are suitable for the climates and weather conditions. Ideally, use synthetic fiber materials for both under and outer garments or windproof breathable materials.

Harness

Sit Harness

A safety harness that supports body weight with the waist and thighs. Ideally, the harness must be suitable for Single Rope Technique and European standard EN813.

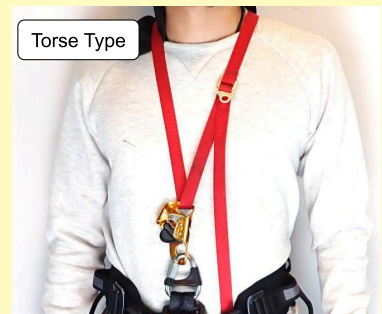
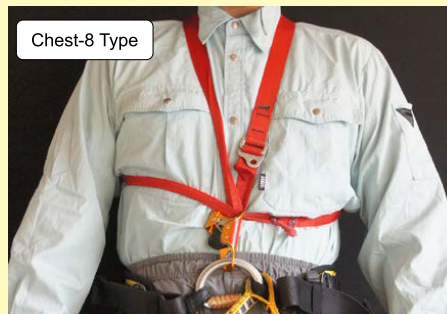


Alternatively, rock climbing sit harnesses can also be used.

Chest Harness

A belt that supports the upper body through the neck, chest, and underarms by passing through the top hole of the chest ascender. Simple chest harnesses mainly include the Torse type and Chest-8 type.

- The Torse type only supports the neck and back but allows easy length adjustment.
- The Chest-8 type crosses under the arm pits for support, providing a larger support area compared to the Torse types.



Significantly larger and easier to use.

Work chest harnesses are mainly torso-type with thick padding. While they are suitable for long-duration rope work, they are heavy and bulky, making them unsuitable for mountain work sites where transport requires considerable effort or situations where equipment weight reduction is desired.

Rock Climbing Harnesses

Have an appropriately large upper body support area and are easy to use.



Fall Arrest Harness

Work fall arrest harnesses are designed with attachment points positioned on the chest and back to evenly distribute impact forces in the event of a fall. They feature thick padding and wide belts, making them suitable for long-duration rope work and free hanging. However, they are heavy and bulky, making them unsuitable for mountain work sites where transport requires considerable effort or situations where equipment weight reduction is desired.

