

6

Equipment Donning

Donning General Rope Access Personal Equipment

1 Put on helmet

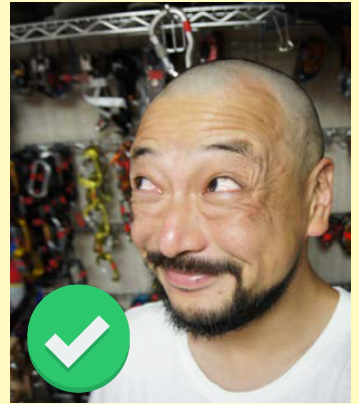


Bundle and secure long hair. Always keep it away from the area in contact with the descender.

(There is a danger of hair getting caught in the rope intake section of the descender during use. Short hair is recommended.)

Long Hair Problem

If hair gets caught in the descender, your own body weight will pull your own hair. If the load cannot be released, the only option is to cut it!



2 Put on sit harness



At this time, attach to the main carabiner, from the wearer's perspective from right to left, in the order of: chest ascender, cow's tail.

3 Put on chest harness



Use the top hole of the chest ascender to tie around the neck, shoulders, and underarms, securing the chest ascender against the body.

4 Equip hand ascender



Connect the foot loop to the hand ascender using a Speedy maillon. Clip a carabiner to the Speedy, and when not in use, fold the foot loop short and hang it on the gear rack.

If you use a Revolver (made by DMM) with a built-in pulley as the carabiner, it's convenient as you can quickly construct a 3:1 mechanical advantage.

5 Connect descender



Connect an auto-stop descender to the main attachment point with a locking carabiner.

The chest ascender and cow's tail are already connected to the main attachment point from the wearer's perspective from right to left, and the descender is attached on the far left.

6 Attach backup equipment



Not normally used, but as backup equipment in case rescue is activated or gear shortage occurs, carry a pulley, spare cord approximately 4m long and $\phi 6\text{mm}$ diameter (preferably made of Dyneema or Kevlar with 1800kN load capacity), three locking oval carabiners, ATC, knife, and 6mm prusik cord.

7 Other equipment



Not necessarily required, but a foot ascender makes ascending much easier, and a small pulley cam has high versatility for hauling, rescue, backup ascender, etc.

Also, if you attach a small rigging plate to the lower side of the main attachment point, you can distribute and hang your carried equipment, making attachment and removal convenient.