

2010 RASW Equipment List

(Rope Access Skills Workshop 1 & 2)

MANDATORY Items: (you may carry optional gear)

🕒 AZTEK Kit: (per attendee)

Uses RTR/Rock Exotica AZTEK Omni® pulleys and Sterling AZTEK sewn components contains: *(recommended because pulleys are rated for two person load)*

- 1 ea. RTR/Rock Exotica AZTEK Omni® pulleys (orange)
- 1 ea. RTR/Rock Exotica AZTEK Omni® pulleys (blue)
- 1 ea. RTR/Rock Exotica AZTEK Omni® becket rope cover
- 1 ea. RTR/Rock Exotica AZTEK Omni® quick pin (advise carrying a spare)
- 1 ea. 50 ft. of 8mm Sterling AZTEK accessory cord with sewn eye on one end
- 1 ea. 6mm Sterling AZTEK sewn shock absorber
- 1 ea. 6mm Sterling AZTEK accessory cord ratchet (orange)
- 1 ea. 6mm Sterling AZTEK accessory cord ratchet (blue)
- 1 aluminum auto-locking (type 3 or 4) carabiner
- 1 ea. Mallion Rapide 7mm short steel screw link
- 1 ea. AZTEK double zipper fanny pack (go to RTR Training Partners for RTR AZTEK bag)

🕒 12 locking aluminum carabiners (for personal and team use)

Discussion: Auto lock type 3 or double auto lock type 4 aluminum carabiners are best for rope access as you will many times be using one hand to open and close the carabiner. Be sure you can open the carabiner you will be using with either hand independently.

🕒 1 ea. Mallion Rapide 10mm aluminum half moon screw link

🕒 1 Full Structural Tower Rescue-style Harness (RTR/Yates #390 or #385, PETZL Navajo® BOD Croll Fast

Discussion: There are so many differing harnesses out there to choose from for rope access work but very few really work extremely well for rope access applications. For this reason, we strongly recommend that you choose a rope access harness for this workshop which will function in the manner desired for optimal learning. Your harness should have not only the conventional D rings in the front, but also a sternal D ring attachment point, and two side D rings for positioning on the towers (IF you are using the harness for structural or tower work). Also, since you will be climbing on rope during the program, we ask that you bring a harness that can accept the PETZL chest Croll ascender listed below. Harnesses that work well with the Croll is the #390 Ropes That Rescue/YATES "Tower Access", the YATES #387 (trimmed down version of the 390) or the PETZL Navajo® Bod Croll Fast. These rope access harnesses are used by structural rope access technicians around the world. Other harnesses may get by for the program, but we know that you will spend a lot of time rigging up something less than desirable.

🕒 1 Petzl I'D Industrial Descender D20S for 7/16" rope (gold)

Discussion: An auto stop friction brake like the well designed PETZL I'D is a must for rope access work when free hands are a luxury at times.

🕒 1 RTR/Sterling set (pair) of 8mm AZ Bound Loop Prusiks (long and short)

🕒 Head Light Bring extra batteries/bulb

🕒 Climbing style helmet with chin strap

🕒 Sun hat which works with your helmet

🕒 1 Petzl Croll Chest Ascender B16

🕒 1 pair Petzl Ascension Handled Ascender B17 or equivalent (right and left hand)

Discussion: Climbing rope is a major emphasis of this seminar. You must be in excellent physical condition to perform these skills. It is mandatory for successful completion of this workshop.

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- 🌀 1 Rock Exotica 1.5" single sheave Omni Block pulley

BACKUP DEVICES:

Discussion: You may bring ANY backup devices you want to use, but bring 2 minimum. We do not recommend using prusiks unless it is a temporary point of contact. The best thing to do is to bring two backup devices. Many like a combination of a Petzl Shunt and a Petzl ASAP. There are places where each of those has advantages over the other. Some students prefer two Shunts and no ASAP. Remember that using the Shunt is outside Petzl's recommendations.

- 🌀 1 Petzl Shunt B06 Self Belay backup device
- 🌀 2 Sterling Lanyards (0.6 finished length Marathon with 2 sewn eyes) S10106LA000.6 Note: The color of these lanyards should be different from below
- 🌀 2 ea. 3mm accessory cord leash 1.5 foot (18") in length for each Shunt
- 🌀 2 Mallion Rapide short oval Screw Link (steel 7mm)
- 🌀 2 Mallion Rapide long oval Screw Link (steel 7mm)
- 🌀 1 Mallion Rapide Half-moon Screw Link (Aluminum 10mm)
- 🌀 1 Petzl ASAP Mobile Fall Arrester with Petzl OK Triac carabiner¹
- 🌀 1 ea. 3mm accessory cord leash 3 foot (36") in length for Shunt/ASAP
- 🌀 1 Petzl L71-20 Sorber (shock absorbing lanyard 20cm)
- 🌀 1 Petzl L71-40 Sorber (shock absorbing lanyard 40cm)²
- 🌀 2 Mallion Rapide triangular Screw Link for use with Sorbers (2) above (steel 7mm)

- 🌀 1 pair rigger gloves (supple) NOTE: Some bring a second pair of fingerless gloves
- 🌀 1 ea. RTR/Sterling AZ Litter Bridle head end 7mm x 5'8" (for foot stirrup)³
- 🌀 2 Short pieces of PVC pipe (6" x 3/4") or short sections of 1" tube webbing 6" long (wide enough for two 7mm cords to fit through) (for foot stirrup)¹
- 🌀 2 Sterling Lanyard (0.8 finished length Marathon with 2 sewn eyes) S10106LA000.8
Note: The color of these lanyards should be different from below Option #1, item 2
- 🌀 PPE and safety glasses; UV protection; OSHA approved, etc.
- 🌀 Small note pad for field notes. Note paper & basic calculator— NOTE: multicolored pens or pencils are advised
- 🌀 Hiking or work boots (broken in)
- 🌀 First aid kit and personal hygiene items (TP, sun block, lip balm, etc.)
- 🌀 Inclement weather gear (cold, rain, sunny, hot, etc. Be ready for all weather-related insult)
- 🌀 Water hydrations system/Extra water bottles
- 🌀 Folding knife you can clip to your harness
- 🌀 Optional work seat (for comfort whilst hanging out all day on rope)

¹ Comes with the Petzl ASAP in the box

² Some technicians prefer longer 40cm length for rope to rope transfer work

³ You may omit this item if you are bringing your own foot stirrups. Note: These are NOT a full set of aiders or etriers