

## 2010 STRW - IRW Equipment List

(Structural Tower Rescue Workshop - Industrial Rescue Workshop)

### MANDATORY Items<sup>1</sup>: (Optional Items, Page 2) See footnote below!

- 🌀 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 carabiners (for personal and team use---prefer aluminum)

*Discussion: Auto locking type 3 aluminum carabiners are best for this as you will be using one hand to open and close the carabiner.*
- 🌀 1 Safety adjustable positioning lanyard (Petzl Grillion L52-2H Hook or equiv.) *Particularly in the STRW, students will be leaning back onto their safety straps similar to linemen, so this is an essential for that program.*
- 🌀 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 rescue 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 or D20L for large 1/2" rope

*Discussion: Brake racks are fine for general rescue, but an auto-stop friction brake like the well designed PETZL I'D is a must for this on rope workshop when a free hand is a luxury at times.*
- 🌀 1 small single sheave pulley (for the rope diameter that you use noting small/light is best)
- 🌀 1 RTR/Sterling set (pair) of 8mm AZ Bound Loop Prusiks (long and short)
- 🌀 1 Mallion Rapide short oval Screw Link (steel 7mm)
- 🌀 1 Mallion Rapide long oval Screw Link (steel 7mm)

<sup>1</sup> IMPORTANT: Rescuers wishing to practice efficient ascending and other skills on rope during the IRW or STRW program should view some of Optional Items list on the following page as mandatory items

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- 🕒 Hiking or work boots (broken in)
- 🕒 First aid kit and personal hygiene items (TP, sun block, lip balm, etc.)
- 🕒 1 pair safety glasses; UV protection; OSHA approved
- 🕒 Work/rappel gloves
- 🕒 Inclement weather gear (cold, rain, sunny, hot, etc. Be ready for all weather-related insult)
- 🕒 Head Light Bring extra batteries/bulb
- 🕒 Climbing style helmet with chin strap (no fire helmets)
- 🕒 Sun hat which works with your helmet
- 🕒 Whistle (prefer a good "sports-type" whistle)
- 🕒 Water hydrations system/Extra water bottles
- 🕒 Soft frame pack or ruck sack (lunch and personal items plus team items to be carried)
- 🕒 Note paper & basic calculator— NOTE: multicolored pens or pencils Small note pad for notes
- 🕒 1 set of Purcell Prusiks (long leg, short leg and chest) (Available from Sterling pre-sewn) or bring 33 ft. of 6mm cord to tie your own
- 🕒 1 Purcell bag (use a soft 1 quart water bottle holder as substitute)

### Optional Items: (see 3 important notes below)

Note 1: Participants wishing to practice efficient ascending and other skills on rope during the IRW or STRW program should view some of Optional Items below as mandatory items

Note 2: Petzl I'D Industrial Descender D20S for 7/16" rope or D20L for large 1/2" rope is mandatory for these activities. The D20L (Red) will need a 1.5' long 3mm anti-drop leash

Note 3: You must be in good physical shape to participate in these on rope activities

- 🕒 1 Petzl Croll Chest Ascender B16
- 🕒 1 only Petzl Ascension Handled Ascender B17 or equivalent (*right or left hand*)
- 🕒 1 Sterling Marathon Lanyard (0.8 meter finished length 2 sewn eyes) S10106LA000.8
- 🕒 1 ea. RTR/Sterling AZ Litter Bridle head end 7mm x 5'8" (for foot stirrup)
- 🕒 1 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 Petzl ASAP Mobile Fall Arrester with Petzl OK Triac carabiner<sup>2</sup>
- 🕒 1 Petzl L71-20 Sorber for use with ASAP above
- 🕒 1 ea. 3mm accessory cord leash 3 foot (36") in length (for ASAP above)
- 🕒 1 Mallion Rapide Half-moon Screw Link (Aluminum 10mm)
- 🕒 1 Mallion Rapide triangular Screw Link for use with ASAP above (steel 7mm)
- 🕒 Note: Petzl I'D Industrial Descender D20S for 7/16" rope or D20L for large 1/2" rope is mandatory for this

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<sup>2</sup> OK carabiner comes with the Petzl ASAP in the box