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Seeking Equilibrium in the Belay System: Fall Protection for Rope Access and Rescue

Pat Rhodes

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Seeking Equilibrium in the Belay System: Fall Protection for Rope Access and Rescue Pat Rhodes Through this study we will look at some of the challenges in providing a quality belay. This will include the physical aspects of rope used in rope access and rescue belay systems, the cause and effects of human reaction, and how this interfaces with various equipment. At the conclusion, the author will summarize what he believes to be the broad-based solution in providing the most effective approach for a belay system. Quality belaying is only a piece of the big picture of rope rigging and rescue. It is impossible to study this subject without a solid foundation of the other ingredients that make up the rigging recipe. The most important ingredient is you. Your commitment to personal physical and mental conditioning, daily practice, and continual personal evaluation is the first step in rope access and rescue safety.

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