

Via ferrata tech tips

Basics

1 Prepare for your activity

Choose a via ferrata at your level. Check the weather. Watch out for storms.

2 Always use a lanyard with an energy absorber and take a helmet

An energy absorbing lanyard is the appropriate method of protection for the via ferrata and its potential fall factors.

3 Falling should be avoided on via ferratas

In fact, during a fall there is a high risk of hitting a bar, cable or rock.

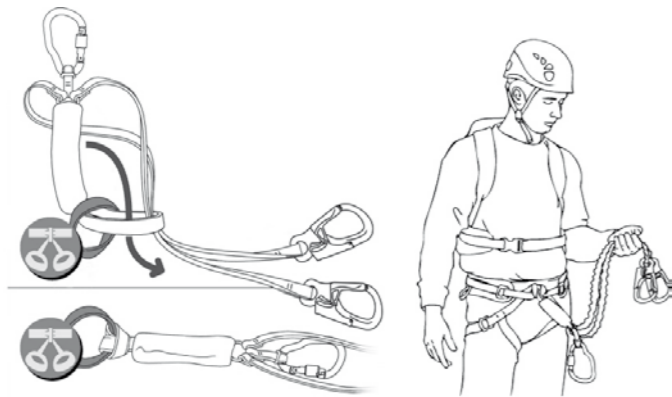
4 Know when to rest

Clip yourself into an anchor with the short arm of the SCORPIO energy-absorbing lanyard whenever you feel tired.

5 Be sure to always be connected

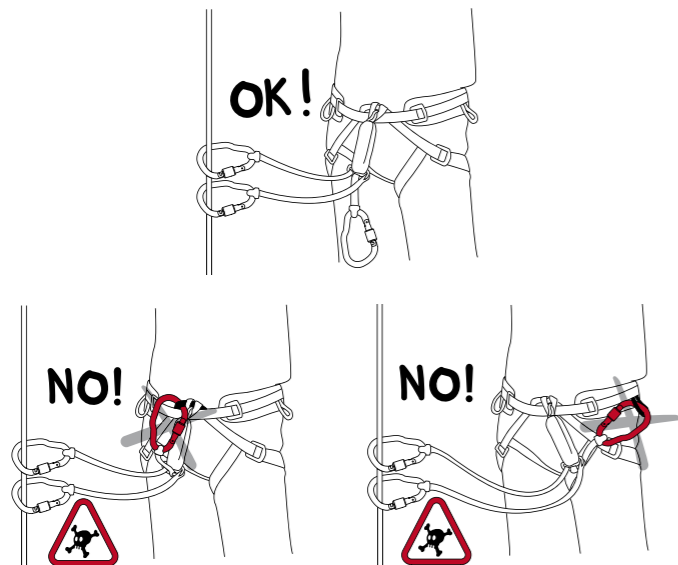
Concentrate, so you don't find yourself unattached when passing intermediate anchors. Always stay connected, even over very easy sections.

A. Installing the energy absorber on the harness

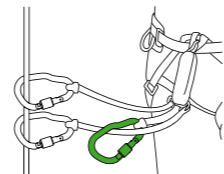


B. Lanyard arrangement

Do not attach the lanyard on a fixed point on your harness. In case of a fall, the energy absorber won't be able to engage and won't absorb the shock.

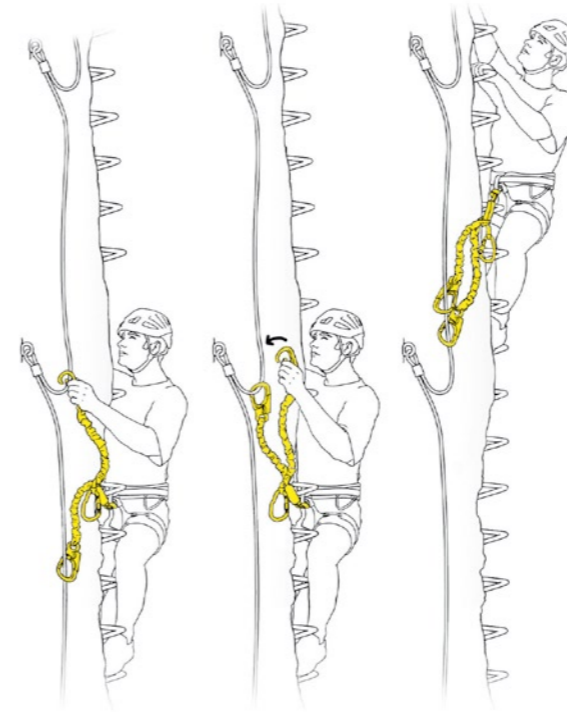


Tip for arranging the short arm of the SCORPIO



C. Progression with an energy absorber

- A few guidelines to remember:
- always stay attached to the cable
 - clip the next section of cable as soon as possible
 - only one person per section of cable



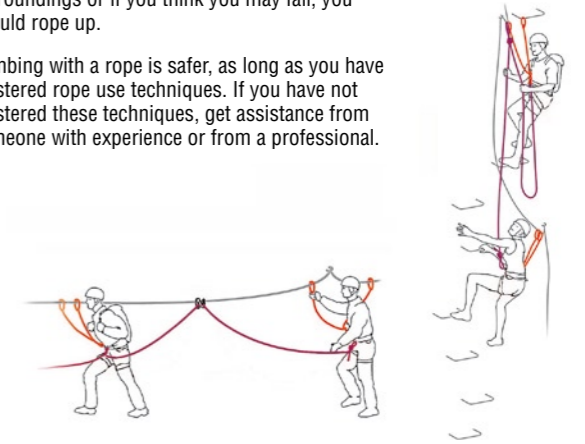
D. Resting position



E. Progression while tied in

If you are not comfortable in these types of surroundings or if you think you may fall, you should rope up.

Climbing with a rope is safer, as long as you have mastered rope use techniques. If you have not mastered these techniques, get assistance from someone with experience or from a professional.



F. Via ferrata equipment

- Check the equipment already in place, as some via ferratas are very old. Rope up if:
- The anchors are more than 3 m apart in vertical sections (risk of fall factor greater than 5)
 - There is no cable loop at the anchors. In case of a fall, the carabiner will be put under stress.

