

ASWP AD R0

Appendix D



Revision History

Version	Revision Date	Brief Description of Revisions
R0	February 2016	Document has been updated to new format.

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Workplace Safety & Prevention Services wishes to express its appreciation to those who have assisted in the preparation of the **Arborist SafeWorkPractices** guide.

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Appendix D

Friction Hitches and Termination Knots

The following knots were evaluated to determine their characteristics when placed in a fall situation. The performance measures for fall arrestors found in CSA Standard Z259.2 Fall Arresting Devices, Personnel Lowering Devices and Vertical Life Lines were used as a guideline for the testing. Further information and testing information can be requested from the Arborist Safe Work Practices Committee Chair. The Arborist Safe Work Practices Committee urges users to use the following knots in their fall protection systems.

All knots and friction hitches must be tied, dressed and set properly. Repetitive loading and unloading of knots can potentially slacken off the knot. Therefore, all knots must be monitored throughout the climbing process.

Ascending Techniques

Ascending Technique	Knots
Belay	Blake's Hitch
Secured Foot Locking	Klemheist Prussik (6 coil)
Secured Body Thrust	Blake's Hitch Swabbish Tautline Hitch Gripping Hitch

Working at Heights

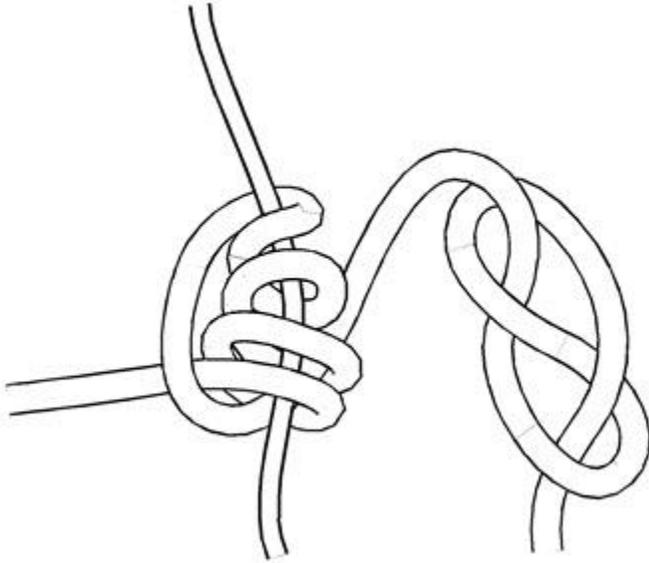
Working at Heights Technique	Knots
	Blake's Hitch Tautline Hitch Figure 8 Stopper Knot Swabbish Gripping Hitch

Termination Knot

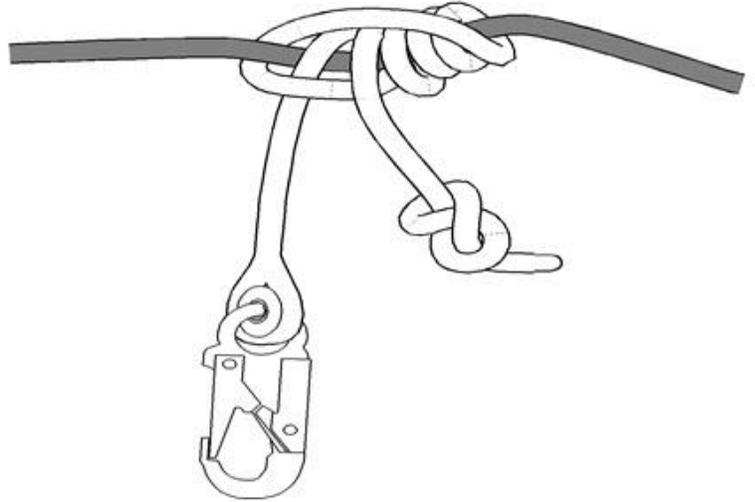
Ascending Technique	Knots
Open Climbing System	Figure 8 on a Bight Cow Hitch - Spliced Eye Triple Fisherman
Closed Climbing System	Bowling - Figure 8 Stopper Knot Triple Fisherman Double Fisherman Beckett - Figure 8 Stopper Knot

Friction Hitches

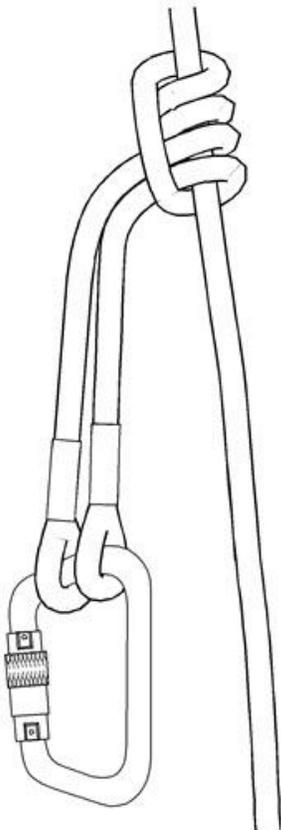
Blake's Hitch



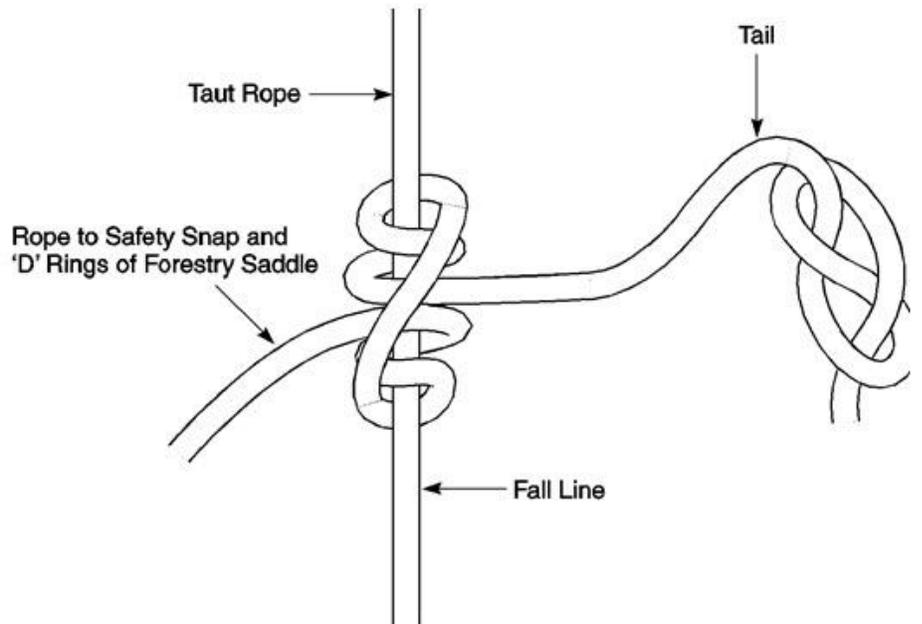
Gripping Hitch



Swabbish



Gripping Hitch

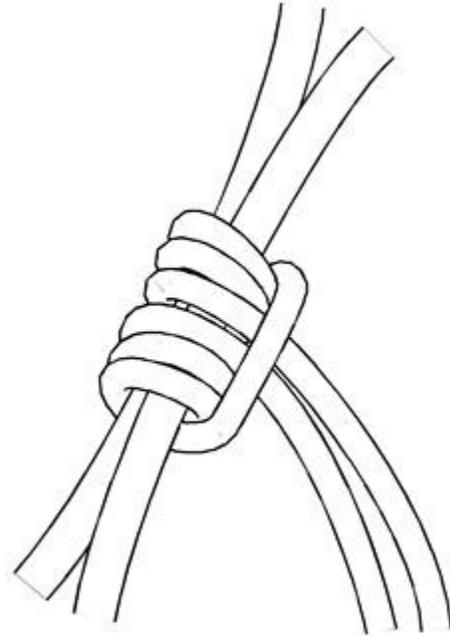


Friction Hitches con't

Klemheist



Prussik (6 Coil)



Termination Knots

Anchor Hitch

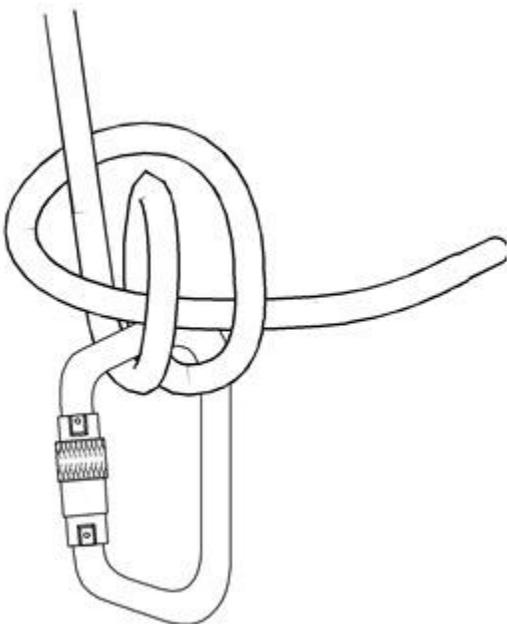
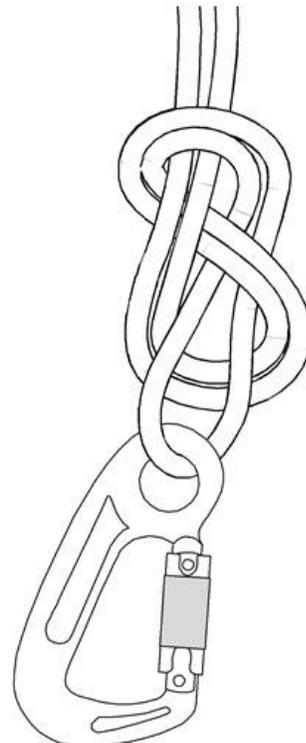
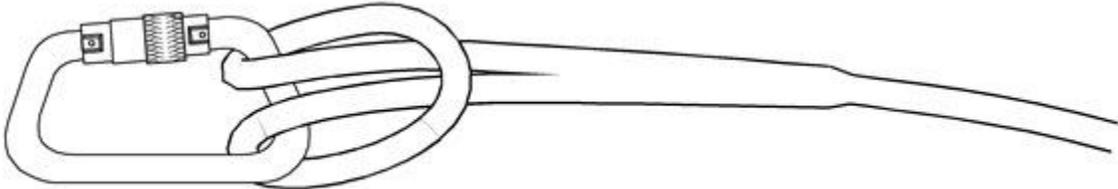


Figure 8 on a Bight

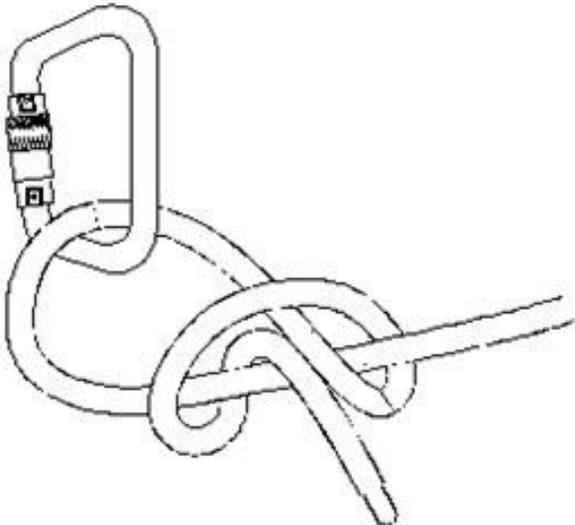


Termination Knots con't

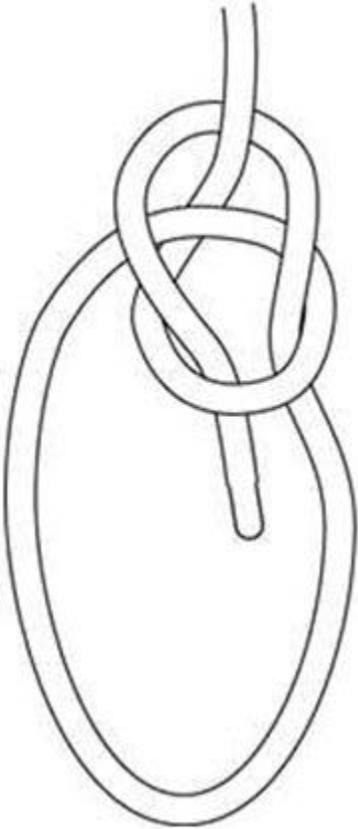
Cow Hitch



Beckett Bend

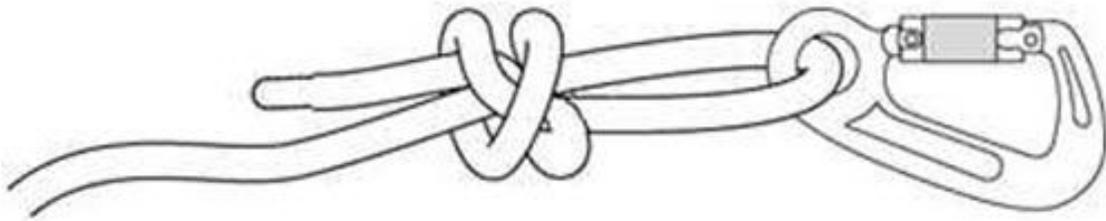
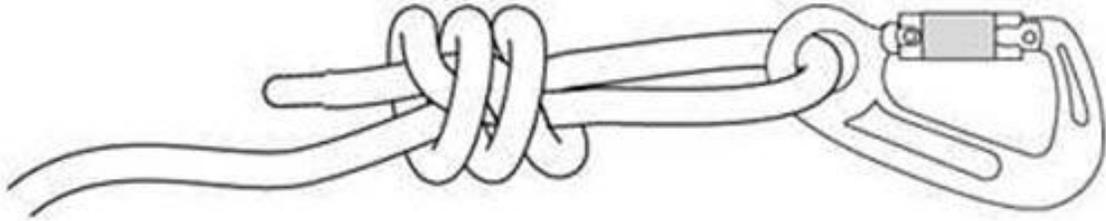


Bowline



Termination Knots con't

Triple Fisherman



Double Fisherman

