



Access  
the  
inaccessible®



## ACCESSBOOK

Progression basics  
for via ferrata







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Access the inaccessible. You have aspirations and our job is to help you realize them to the fullest extent possible.

Petzl's ACCESS BOOK booklets are designed to go with you as you prepare for and achieve your goals as a mountaineer, climber, skier... Each ACCESS BOOK covers one particular activity. It is a collection of selected technical tips from Petzl.com

This third booklet presents techniques for progression on via ferrata with lanyards. Often seen as an easily accessible activity, via ferrata remains a risky activity that requires training, as with any other vertical endeavor.

#### Warnings:

- These booklets present an excerpt from the body of techniques for the activity
- Get training and practice in the techniques of the activity
- Carefully read the Instructions for Use of the products associated with the proposed techniques
- The environment and the activity itself are inherently dangerous. You are responsible for your own actions and decisions

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## EQUIPMENT

What is the main equipment needed for via ferrata?

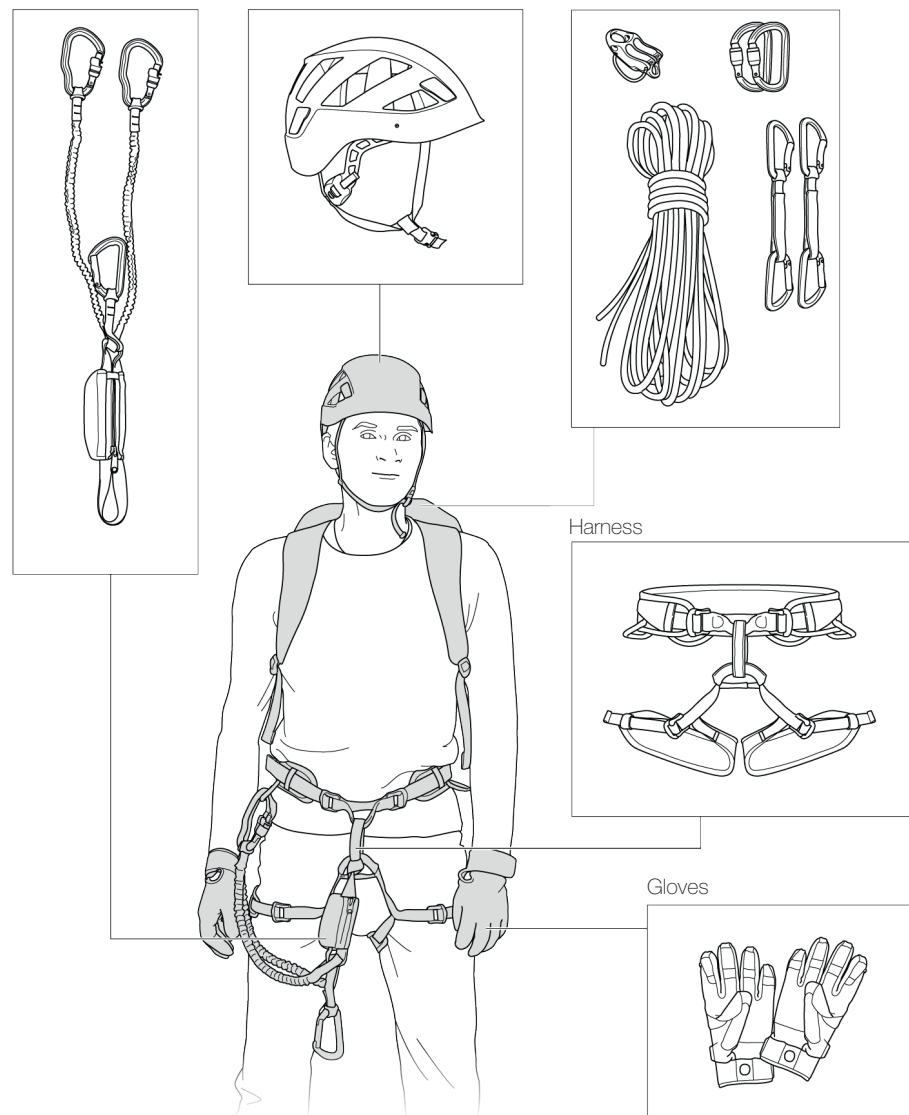
Lanyard with energy absorber

Helmet

Belay device / Rope /  
Carabiners / Quickdraws

Harness

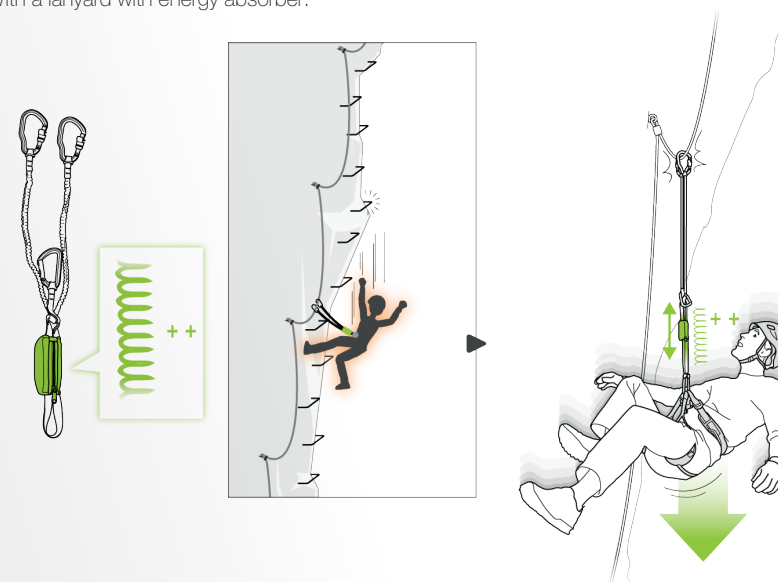
Gloves



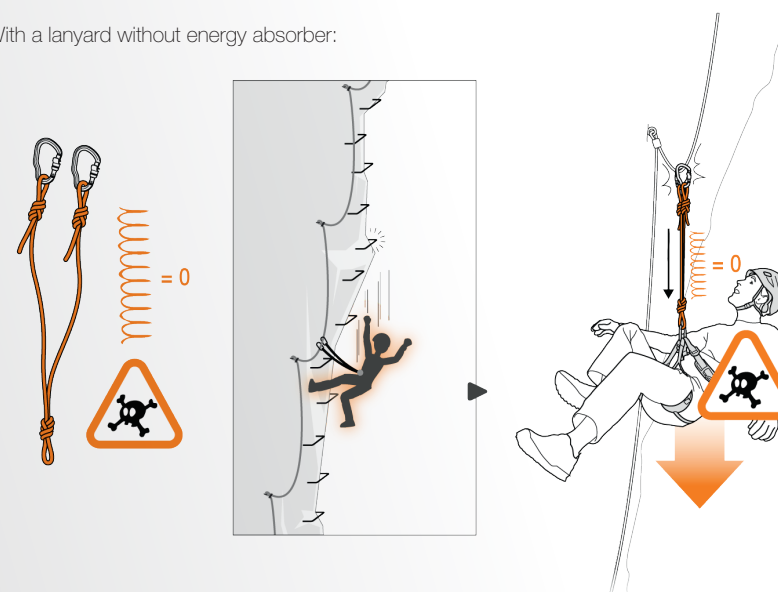
## EQUIPMENT

Why use a special lanyard for via ferrata?

With a lanyard with energy absorber:



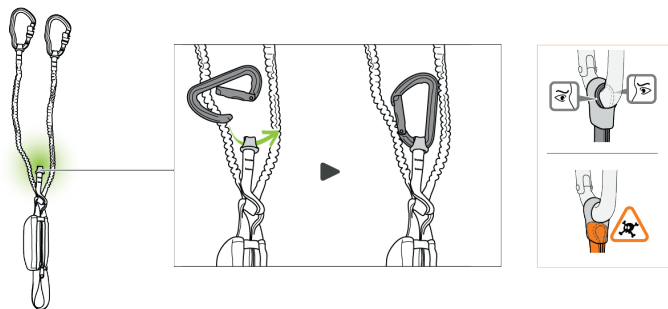
With a lanyard without energy absorber:



## PREPARATION

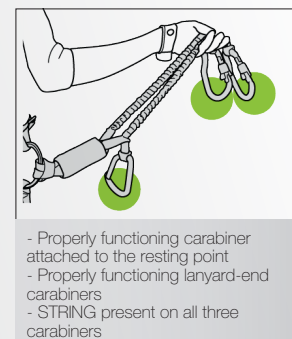
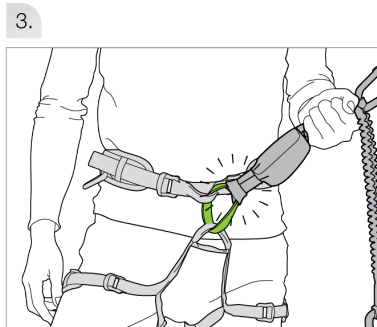
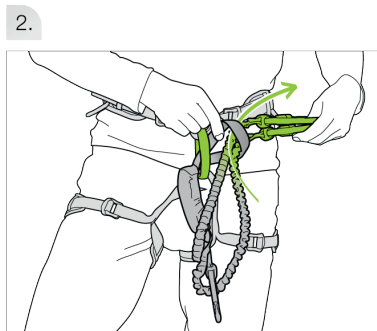
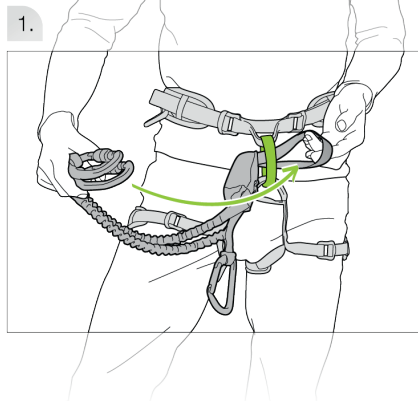
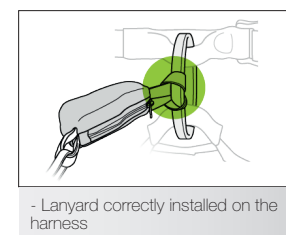
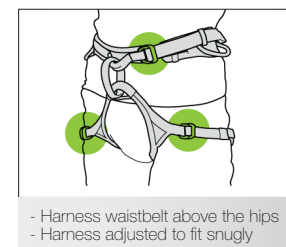
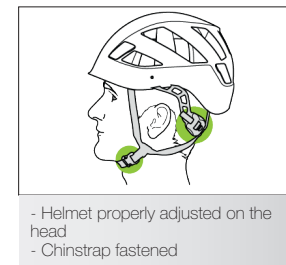
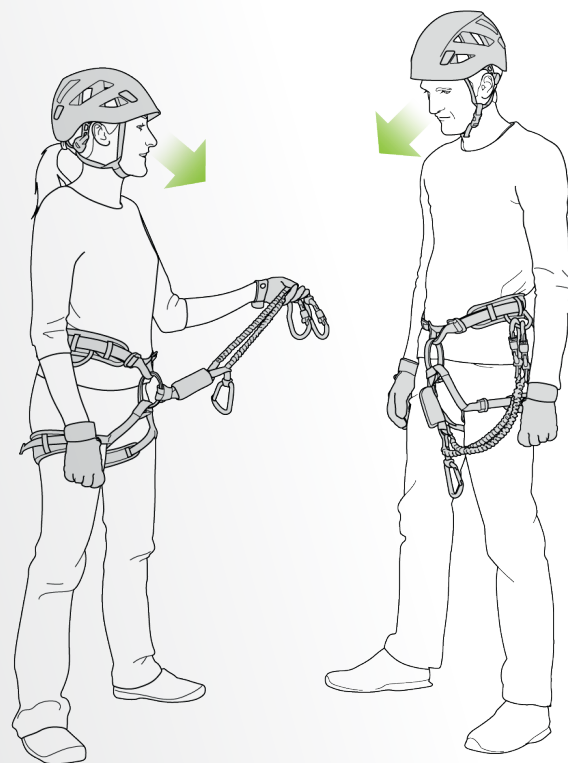
### Installing the lanyard on the harness

Remember to install a connector on the resting point



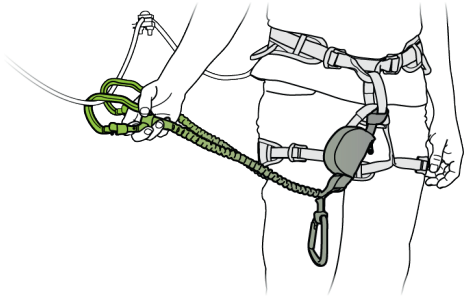
## PREPARATION

### Partner check

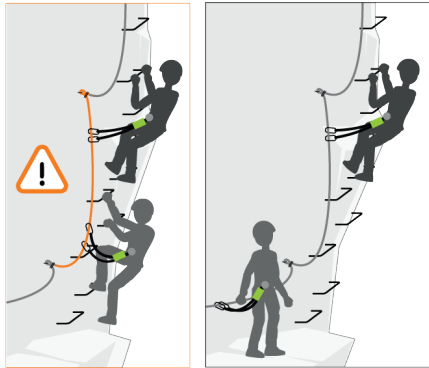


## Basic principles

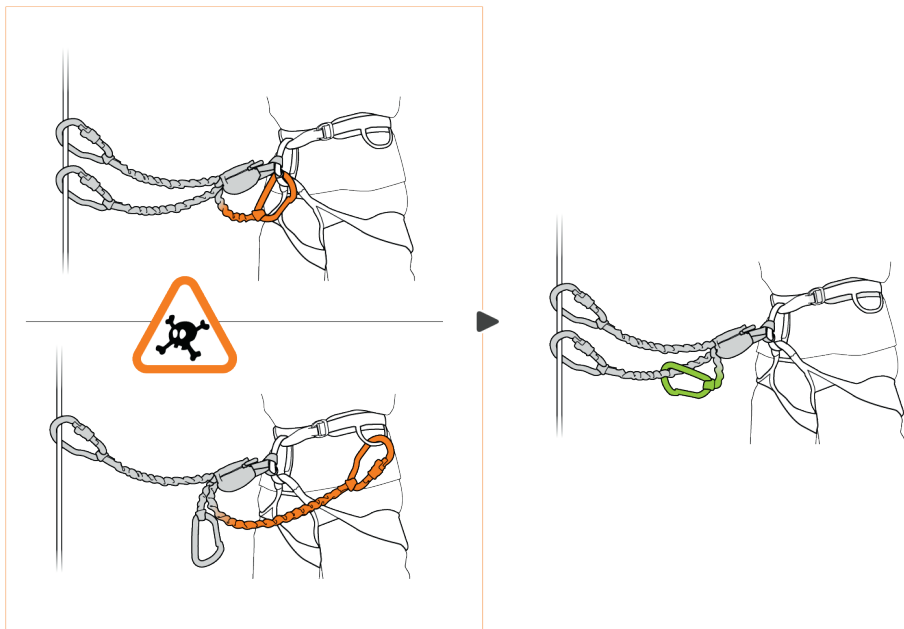
1. Basic rule: always stay tethered to the cable



2. Only one person on each cable segment

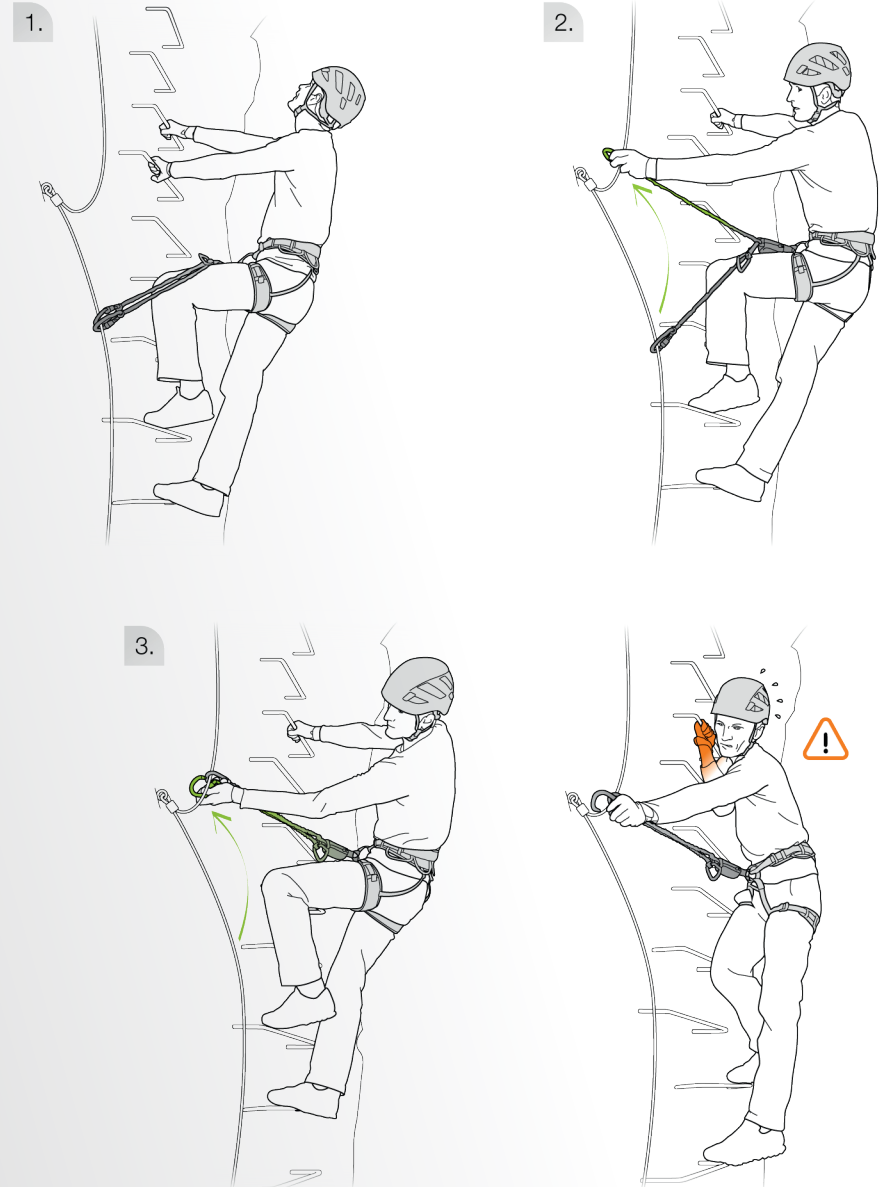


3. Never connect an arm of the lanyard to the harness (prevents energy absorber deployment)



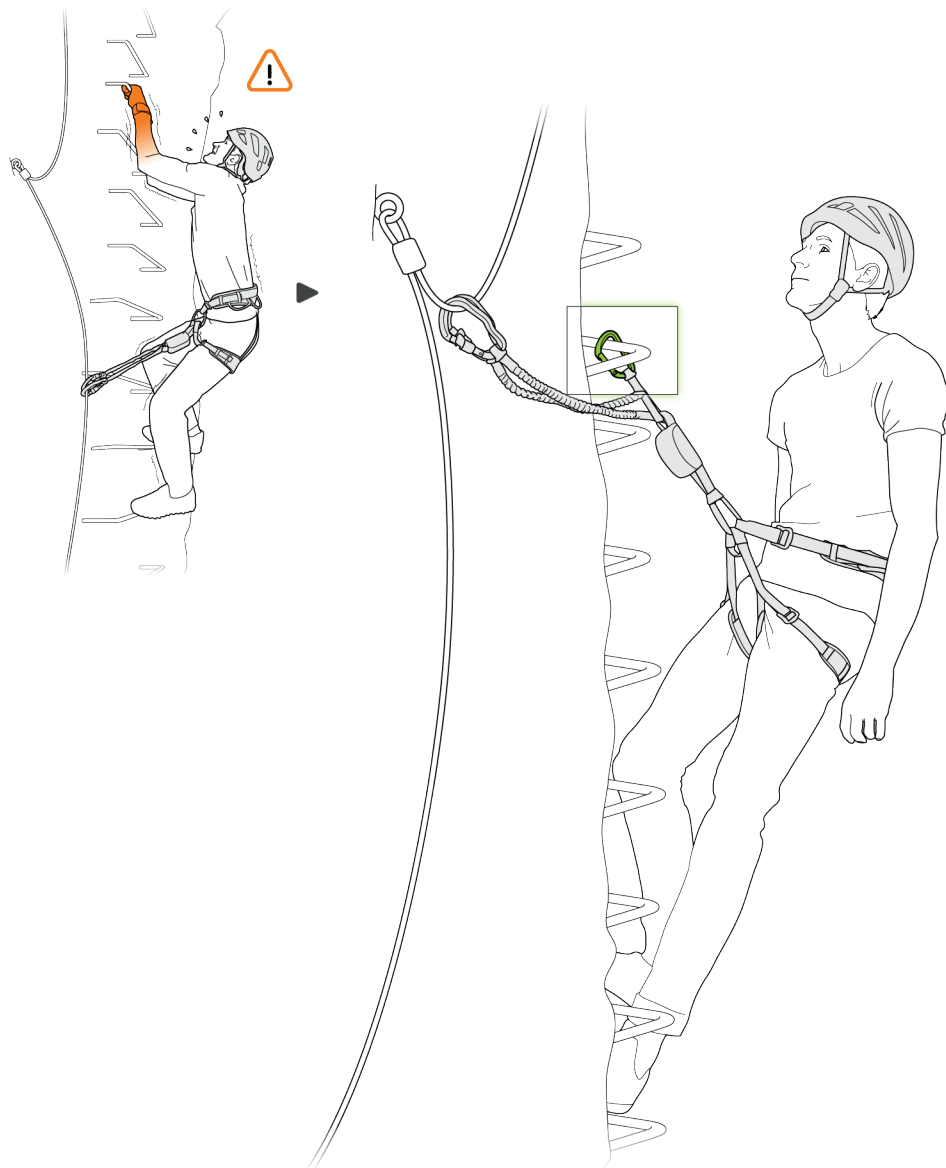
## Passing intermediate anchors

Always keep at least one arm attached to the safety cable.



## Rest position if tired

Rest your arms as soon as you feel the need



## When to use the rope?

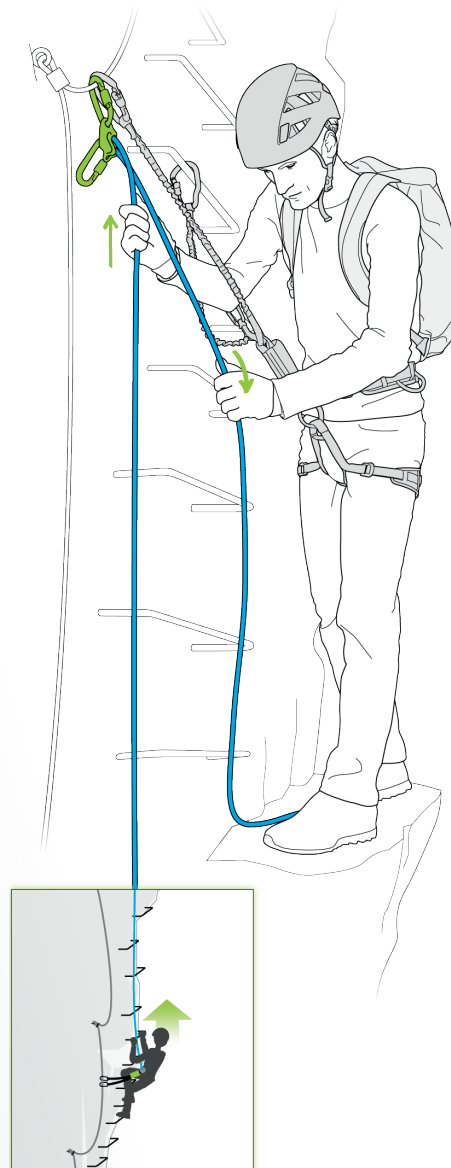
**In all situations, belaying with a rope in addition to an energy-absorbing lanyard is recommended.**

To use a rope, the group must get organized the same as for climbing, with a leader who knows how to manage belaying the seconds.



**WARNING:** via ferrata lanyards are not designed for persons weighing less than 40 kg or more than 120 kg.

In this case, belaying with a rope is mandatory. You must be competent in via ferrata belay techniques with a rope, or hire a professional.



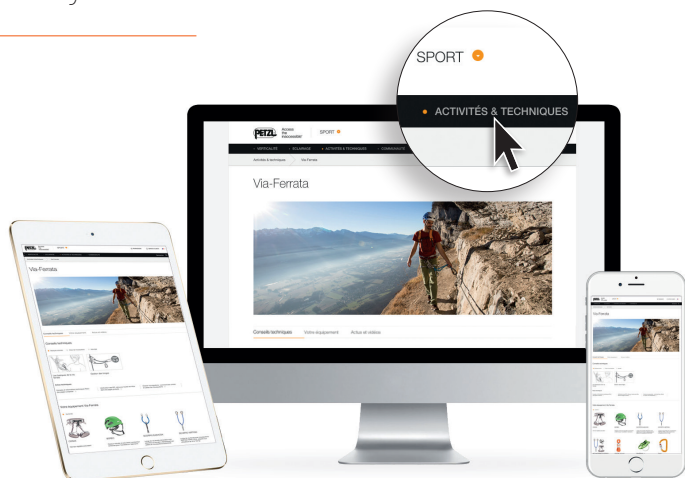


A photograph of three people in climbing gear on a mountain trail. A man in a blue helmet and yellow shirt stands on the left, holding a blue rope. A woman in a red helmet and red shirt stands in the middle, looking towards the man. A woman in a pink helmet and red shirt stands on the right, looking down at a coiled orange rope on the ground. They are surrounded by green vegetation and a rocky mountain face in the background.

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## This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

To go beyond...



Find more technical advice and videos on via ferrata at  
**[www.petzl.com](http://www.petzl.com)**



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The information contained in this brochure is non-exhaustive.  
See the Instructions for Use for the products, and related  
technical advice Training is essential.  
You are responsible for your own actions, decisions and safety.

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