

DEFINED TERMS



Society of Professional Rope Access Technicians

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1. Purpose, Scope

1.1. Purpose

1.1.1. The purpose of this document is to define terms used in SPRAT documentation.

1.2. Scope

1.2.1. This document provides definitions for terms relating to **rope access** and other forms of fall protection used in SPRAT standards, guidelines, and associated documentation.

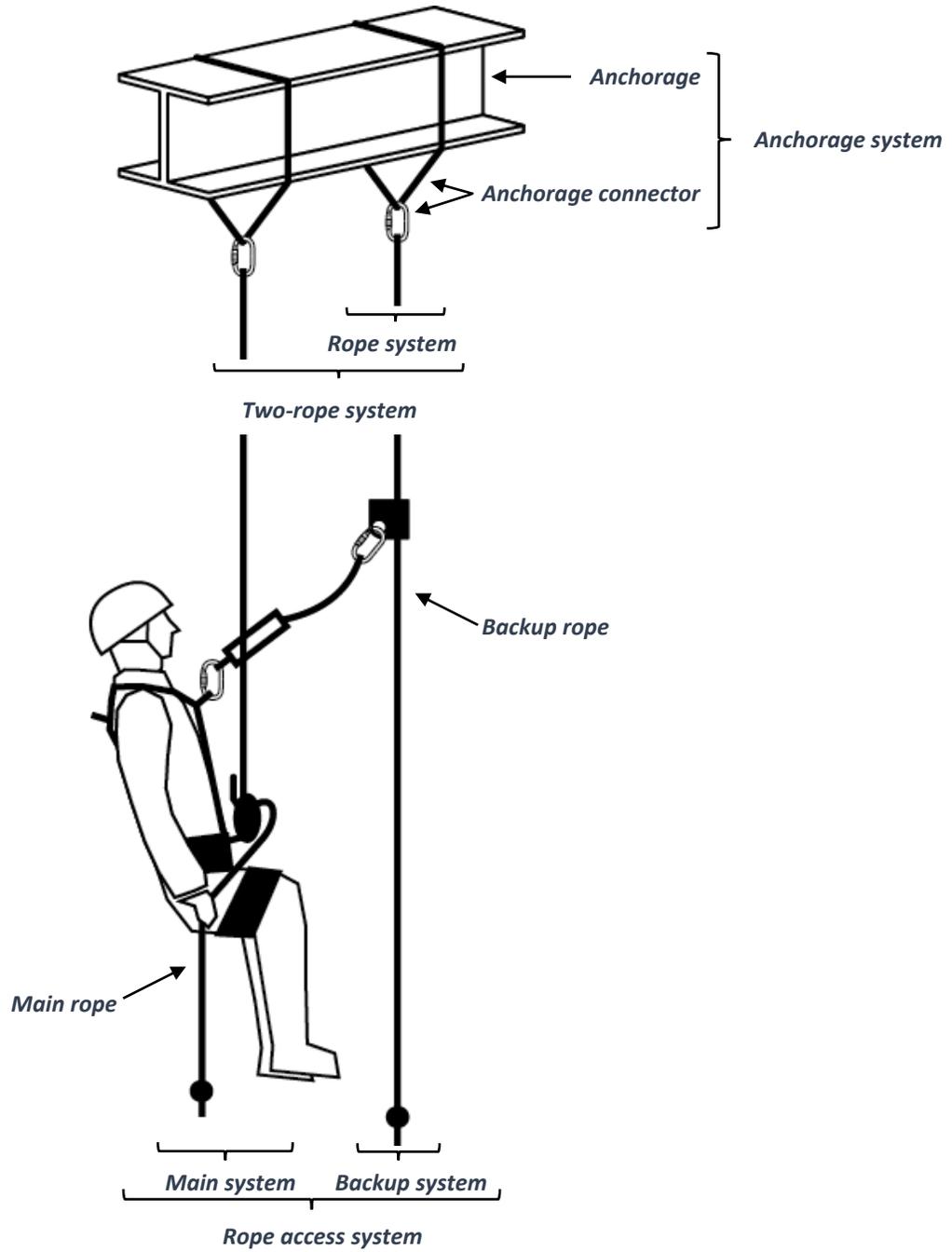
2. Defined Terms

- 2.1. **Activation distance** (FF_A). The increase in length of a fall protection system before the application of force to stop a fall.
- 2.2. **Access work plan**. A document describing how rope access work and other work-at-height shall be completed.
- 2.3. **Aid climbing**. A method of movement and positioning by transitioning from one **anchorage system** to another or by using movable **anchorage systems**.
- 2.4. **Anchorage**. An object that supports forces applied by an individual or load to a **fall protection system**.
- 2.5. **Anchorage connector**. Equipment used to interface with **anchorages** within a **fall protection system**.
- 2.6. **Anchorage system**. **Anchorage**s and associated **anchorage connectors** used within an individual **fall protection system**, such as a main or backup system.
- 2.7. **Arrest distance** (AD). The vertical distance traveled while interacting with a **fall protection system** during a fall. This distance is the sum of **activation distance** and **deceleration distance**.
- 2.8. **Ascender**. A device suitable for use within a **main system** that **moves** freely along a rope in one direction and engages a rope when force is applied in the opposite direction.
- 2.9. **Ascent mode**. A **rope access system** where an **ascender** is used to support an individual within the **main system**.
- 2.10. **Backup device**. A device suitable for use within a **backup system** that moves freely along a rope in one direction and engages a rope when force is applied in the opposite direction.
- 2.11. **Backup rope**. Rope used within a **backup system**.
- 2.12. **Backup system**. A **fall arrest system** configured with rope and other equipment to maintain **limited free fall potential** for an individual or load during access to and from, and while being supported at a location.
- 2.13. **Carabiner**. A type of rigid connector, formed as a complete loop with a spring-loaded entry gate.
- 2.14. **Compatible**. Functioning properly together in the manner intended.
- 2.15. **Deceleration distance** (DD). The vertical distance traveled during the application of force to stop a fall.
- 2.16. **Descender**. A device suitable for use within a **main system** to lower, position, and suspend an individual or load.
- 2.17. **Descent mode**. A **rope access system** where a **descender** is used to support an individual within the **main system**.
- 2.18. **Deviation**. A **two-rope system** with a **fall line** adjusted by a **directional anchorage system**.
- 2.19. **Directional anchorage system**. An **anchorage system** where a rope passes through an **anchorage connector**, such as a carabiner or pulley.
- 2.20. **Discrepancy**. Grade issued for a non-critical safety issue performed by a candidate, while being evaluated, which demonstrates a lack of compliance with SPRAT standards or equipment manufacturer's instructions or creates a risk of minor injury or damage to equipment or property.
- 2.21. **Employer**. A corporation, partnership, proprietorship, government agency, or other organization that authorizes its personnel to perform rope access work or other work-at-height.
- 2.22. **Fail**. Grade issued for a critical safety issue performed by a candidate, while being evaluated, which demonstrates non-compliance with SPRAT standards or equipment manufacturer's instructions or creates a risk of serious injury or damage to equipment or property.
- 2.23. **Fall arrest system**. A **fall protection system** configured to stop a fall.
- 2.24. **Fall line**. The route leading straight down following gravity from a given location.
- 2.25. **Fall protection**. Physical measures taken to reduce the chance or effects of a fall.

- 2.26. **Fall protection system.** Equipment configured to reduce the chance of a fall occurring or to reduce the effects of a fall.
- 2.27. **Fall zone.** The area in which people are at risk of falling.
- 2.28. **Fixed anchorage system.** An **anchorage system** where a rope or lanyard terminates with a knot or sewn termination.
- 2.29. **Fixed backup system.** A **backup system** where a **backup device** or other equipment connected to an **anchorage system** is operated by an individual for the purpose of stopping the fall of another individual or load.
- 2.30. **Free fall.** The act of falling before the application of forces to stop a fall.
- 2.31. **Free fall distance (FF).** The vertical distance traveled before the application of force to stop a fall.
- 2.32. **Free fall potential (FF_L).** The vertical distance traveled prior to interaction with a **fall protection system**.
- 2.33. **Hazard zone.** Any area where an individual may be at risk due to the work being performed.
- 2.34. **Independent evaluator.** An evaluator that has not trained the candidate or is not currently employed by the training provider or the **employer** of the candidate.
- 2.35. **Lanyard.** Rope or webbing used with other equipment to connect a harness within a **rope access system** or other **fall protection system**.
- 2.36. **Level 1 Technician.** An individual that holds a current certification demonstrating successful completion of the requirements of a **Level 1 Technician** as required by *Rope Access Certification Requirements*.
- 2.37. **Level 2 Technician.** An individual that holds a current certification demonstrating successful completion of the requirements of a **Level 2 Technician** as required by *Rope Access Certification Requirements*.
- 2.38. **Level 3 Technician.** An individual that holds a current certification demonstrating successful completion of the requirements of a **Level 3 Technician** as required by *Rope Access Certification Requirements*.
- 2.39. **Limited free fall potential.** The restriction of possible **free fall** to less than 60 cm (2 ft).
- 2.40. **Main rope.** Rope used within a **main system**.
- 2.41. **Main system.** A **positioning system** configured with rope and other equipment to provide continuous support for an individual or load during access to and from, and while being supported at a location.
- 2.42. **Minimum breaking strength (MBS).** A manufacturer specified minimum force at which new equipment may fail.
- 2.43. **Positioning system.** A **fall protection system** configured to support or suspend an individual.
- 2.44. **Presiding regulatory authority.** Governmental agency having jurisdiction over an area where work is performed.
- 2.45. **Re-anchor.** A **two-rope system** with intermediate **fixed anchorage systems** typically used to adjust the **fall line** of the **two-rope system**.
- 2.46. **Remote rescue.** Removal of an individual from a location without another individual directly accessing that location.
- 2.47. **Remote rescue system.** All equipment used to accomplish a **remote rescue**.
- 2.48. **Rope access.** Techniques using rope and other equipment to provide continuous support and ensure **limited free fall potential** while getting to and from and while completing a task at a location. Typically, these techniques use **two-rope systems**.
- 2.49. **Rope Access Program Administrator.** An individual designated with the responsibility to manage a rope access program.
- 2.50. **Rope Access Supervisor.** An individual designated with the responsibility to implement the rope access program at the worksite.
- 2.51. **Rope access system.** The combination of at least one **main system** and at least one other appropriate **fall protection system**, typically a **backup system**, that minimizes both **free fall potential** and potential **swing fall**.
- 2.52. **Rope access technician.** An individual, who has received appropriate training and successfully completed a rope access certification program.
- 2.53. **Rope system.** **Ropes** and **anchorage systems** to which equipment may be attached to establish a **backup** or **main system**.

- 2.54. **Stretch-out** (x_W). The vertical extension between an individual's lowest point and harness attachment during a fall.
- 2.55. **Swing fall**. A pendulum-like motion that occurs during or after **free fall**.
- 2.56. **Swing fall distance** (*SFD*). The vertical distance traveled between the onset of and the lowest point of a **swing fall**.
- 2.57. **Total Fall distance** (*TFD*). The total vertical distance traveled from the onset of and the lowest point of a fall, with reference to an individual's harness attachment to a **fall protection system**.
- 2.58. **Trainer**. An individual who, based on training, education, knowledge, and experience, can safely and effectively deliver a quantifiable educational program.
- 2.59. **Travel restraint system**. A **fall protection system** configured to prevent exposure to a fall hazard.
- 2.60. **Two-rope system**. Ropes and **anchorage systems** to which equipment may be attached to establish a **main** and **backup system**. In a **two-rope system**, the individual **rope systems** are typically interchangeable as either the **main** or **backup ropes**.

Appendix 1. Anatomy of a Rope Access System



Appendix 2. Rope Access System Term Hierarchy

- **Rope access system.** The combination of at least one *main system* and at least one other appropriate *fall protection system*, typically a *backup system*, that minimizes both *free fall potential* and potential *swing fall*.
 - **Two-rope system.** Ropes and *anchorage systems* to which equipment may be attached to establish a *main* and *backup system*. In a *two-rope system*, the individual *rope systems* are typically interchangeable as either the *main* or *backup ropes*.
 - **Rope system.** Ropes and *anchorage systems* to which equipment may be attached to establish a *backup* or *main system*.
 - **Backup system.** A *fall arrest system* configured with rope and other equipment to maintain *limited free fall potential* for an individual or load during access to and from, and while being supported at a location.
 - **Fixed backup system.** A *backup system* where a *backup device* or other equipment connected to an *anchorage system* is operated by an individual for the purpose of stopping the fall of another individual or load.
 - **Backup rope.** Rope used within a *backup system*.
 - **Main system.** A *positioning system* configured with rope and other equipment to provide continuous support for an individual or load during access to and from, and while being supported at a location.
 - **Main rope.** Rope used within a *main system*.
 - **Anchorage system.** *Anchorage*s and associated *anchorage connectors* used within an individual *fall protection system*, such as a *main* or *backup system*.
 - **Fixed anchorage system.** An *anchorage system* where a rope or lanyard terminates with a knot or sewn termination.
 - **Directional anchorage system.** An *anchorage system* where a rope passes through an *anchorage connector*, such as a *carabiner* or pulley.
 - **Anchorage connector.** Equipment used to interface with *anchorage*s within a *fall protection system*.
 - **Anchorage.** An object that supports forces applied by an individual or load to a *fall protection system*.