

# PRUSIK

User manual

# PRUSIK

## Foot loop for hanging strain relief to protect against suspension trauma

Subject to technical changes

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### BRIEF DESCRIPTION

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#### INTENDED USE

To relieve the suspension strain on a casualty hanging in the safety rope. After suitable training, it is also possible to climb short distances up the safety line using a second PRUSIK SLING. In an intervention procedure, the PRUSIK SLING can be used by trained users as a back-up securing device.

#### CAUTION:



The PRUSIK SLING must be prepared and set for the users personal height so that it can be used in the event of an emergency. It is part of the personal equipment.

We recommend practising the overhand/triple sliding hitch/two-loop figure of eight knot on a regular basis. The PRUSIK SLING should always be carried close to the body in an easily accessible place.

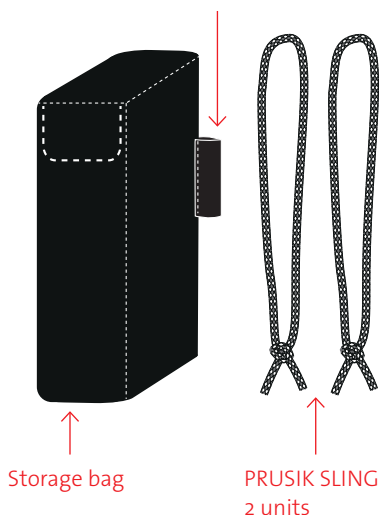
**All other uses are deemed improper. The company BORNACK will not be liable for any ensuing damages. The user bears the sole risk.**

#### NOTE ABOUT SUSPENSION TRAUMA

Hanging freely in the full body harness after a fall may lead to constriction of the blood circulation (suspension trauma). For more details, please visit the website [www.bornack.de](http://www.bornack.de)

#### PRUSIK SLING

Velcro fastener for attachment to the harness



## PRUSIK SLING IN USE

### PREPARATION

- Shorten the PRUSIK SLING with an overhand/triple sliding hitch/two-loop figure of eight knot so that it reaches from the tip of your nose to the ground.
- A sling is required to relieve the hanging strain. Two loops are required, if it is to be used for climbing up the safety line.

### APPLICATION HANGING RELIEF

#### CAUTION:



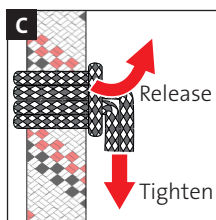
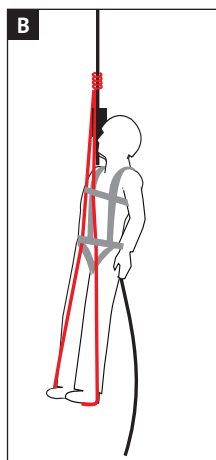
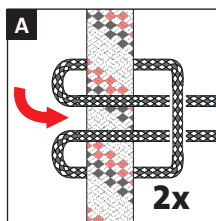
An optimal effect is only achieved, if the strain relief (foot loop) is attached to the safety line (not to the full body harness).

- A** After falling and hanging in the rope, unpack the sling and attach to the highest possible point on the safety rope with a double overhand/triple sliding hitch/two-loop figure of eight knot .
- If a BFD rope is used, as high as possible overhead on the energy absorber.
  - Place the feet directly into the sling or foot loop (better stance).

- B** The PRUSIK SLING always needs to be fed behind the chest and abdominal strap to prevent the body tipping over.

### APPLICATION ASCENT AID

- C** In an alternating fashion, relieve the strain on one of the PRUSIK SLINGS by shifting your weight, and release the strain-relieved overhand/triple sliding hitch/two-loop figure of eight knot with your thumb and push up the safety line. The overhand/triple sliding hitch/two-loop figure of eight knot bearing your weight automatically clamps onto the safety line.





### **FALLSTOP**

Safety equipment for securing and rescuing at heights and depths

### **SAFEPOINT**

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