

# SIRIUS IN LIFELINING

Lifeline is a technique combining two descenders as a control and belay device on working and safety lines. It is primarily used in rescues for person retrieval.

## WARNING!

- Before applying techniques described in these instructions read and understand user manuals of all used PPE equipment.
- Mastering these techniques requires training.
- We recommend learning work at height and rescue techniques on licensed courses with qualified instructors.

## Preparation and approach to the victim

1. Assess safety/risks before undertaking any rescue.
2. Install two independent anchor line systems.
  - a. Use any of the two as a working line and install on it a Sirius as a descent control device.
  - b. Use the other as a safety line and install a second Sirius as a belay device.
  - c. Make sure that the connection of the descender device to the anchor point is arranged so that line movement is not impeded.
3. Attach both lines' working ends to the rescuer and test each independently while the rescuer is secured by other means of protection.
4. Lower the rescuer to the victim. If there is an edge over which both lines pass: try avoiding the edge; try installing a friction efficient and effective (non-textile) edge protection.
5. Pay the rope of the safety line out by holding the free end and pushing the cam open with the thumb (figure 1b). Pull the rope with the other hand. Always hold the free end of the rope during manipulation. Allow as little slack on the safety line as possible, and never more than one arm length.

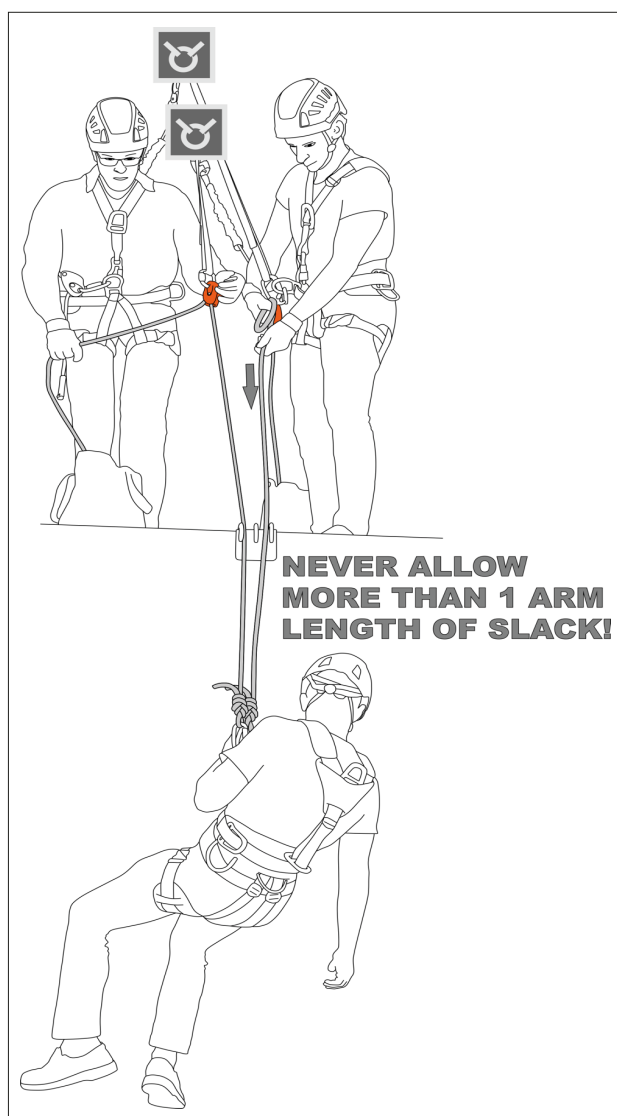


Fig 1a: lowering the rescuer

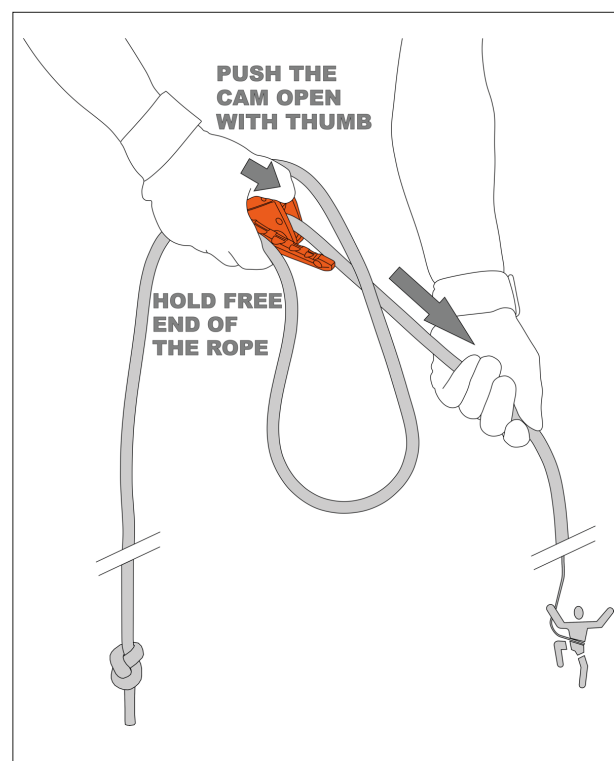


Figure 1b: paying the rope out

#### After the rescuer has reached the victim

1. He checks the victim's safety and medical condition and possibly secures the victim to a safe connecting point.
2. Prepares the victim for evacuation (e.g. donning the harness and the helmet).
3. Attaches the victim with two independent systems to the anchor lines.

Gives a signal to rope controllers for evacuation.

After the working line has taken the load, disconnects all onsite attachments.

#### Rising the rescuer with the victim

1. The working line controller installs a pulley system in the working line.
2. The safety line controller prepares for taking the rope in.
3. The working line controller hauls with steady pulls avoiding jerking.
4. The safety line controller follows rising by taking the rope in and paying attention to minimise slack at any given moment. One hand on the working line end and one on the free line end.

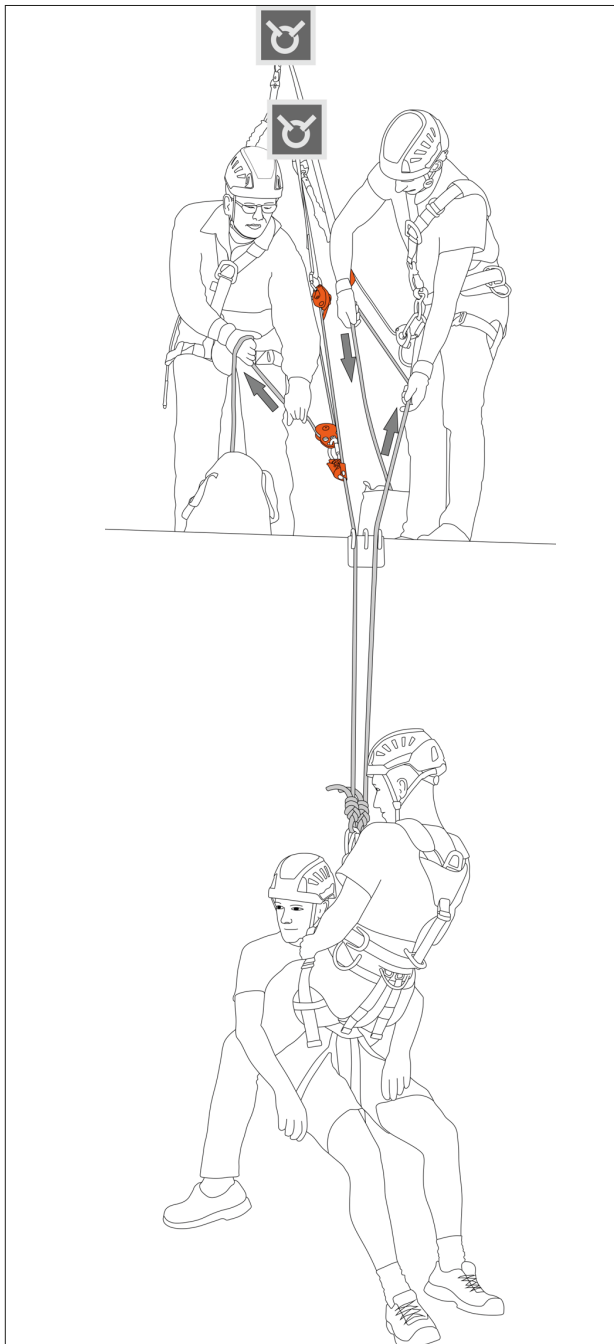


Figure 2a: Retrieving rescuer and victim

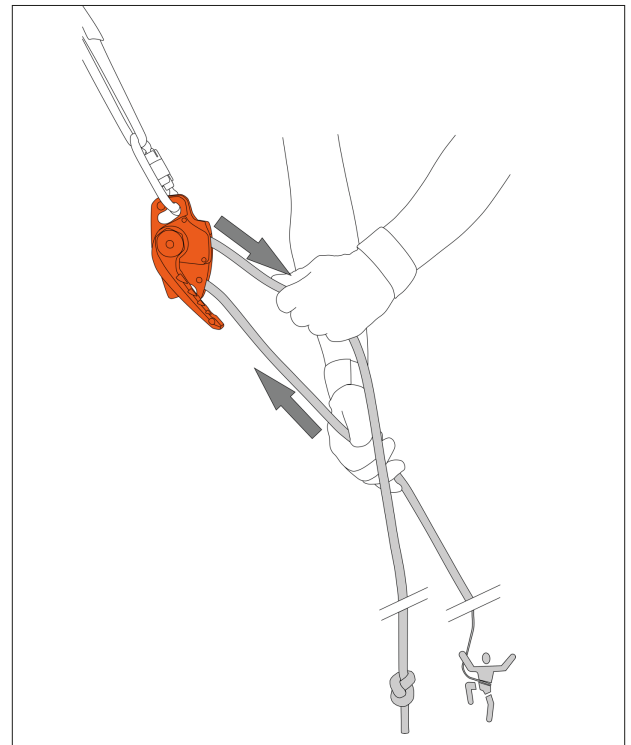


Figure 2b: Taking the rope in