This low profile helmet is easy to adjust, comfortable and well-ventilated. The improved dial adjustment system is quick and easy to use, even when wearing the helmet. The combination of shell and foam technology makes it perfect for via ferrata. Adjustable chinstrap, nose height and headband for an extremely comfortable fit. Chin strap position adjusts forward or backward for comfort, and side-release chin strap buckle is positioned off to the side and out of the way. Headlamp can be attached using the four optimally placed clips. Headlamp can be attached using the four optimally placed clips. Headlamp can be attached using the four optimally placed clips. Headlamp can be attached using the four optimally placed clips.

References: A42 W1 - A42 D - A42 B - A42 G - A42 A
Available in two sizes:
- size 1: 48-56 cm (weight: 280 g)
- size 2: 53-61 cm (weight: 305 g)

**NEW**

**Via Ferrata Kit**

This kit is composed of products specifically designed for via ferrata:
- **ELIOS**: lightweight, durable and versatile helmet
- **PANDION**: basic adjustable harness with equipment loop
- **SIMBA**: full body harness for children
- **SPIRIT**: straight gate carabiner
- **BUG**: backpack
- **e-LITE**: emergency headlamp...

Find all products on pages 140 - 154.

**New**

- **SIMBA full body harness for children**
- **SPIRIT**: straight gate carabiner
- **BUG**: backpack
- **e-LITE**: emergency headlamp...

The TIKKINA headlamp is designed to meet most everyday lighting needs. It has two lighting modes (maximum and economic) to adapt light quantity to the situation. It is also equipped with new, improved performance LEDs and a push-button switch. The compartment now has an easy-to-use system that allows the user to very easily change the batteries or to equip the headlamp with the ADAPT mounting system.

Technical information

1. **Prepare for your activity**

Choose a via ferrata that is at the level of the participants, starting with the easiest itineraries to get familiar with the site and the access. Check the weather. Watch out for storms. Do not start out after a rainfall, as everything will be slippery. Check the temperature. Watch out for sunstroke, heat and sunburn. Avoid the hottest hours of the day, as you risk sunstroke, sunburn and heat. Be sure to always be connected. Remain focused to avoid finding yourself unattached when passing intermediate anchors (even easy ones).

2. **Always use a lanyard with an energy absorber and take a helmet**

An energy absorbing lanyard is the appropriate method of protection for the via ferrata and its potential fall factors. It is essential to use one. Be sure to always be connected. Remain focused to avoid finding yourself unattached when passing intermediate anchors (even easy ones).

3. **Falling should be avoided on via ferratas**

In fact, during a fall there is a high risk of hitting a bar, cable or rock. Energy absorbers function optimally for users who weigh between 45 kg and 100 kg. We recommend that users outside these guidelines progress with a back-up belay with a rope from above in order to avoid any big falls.

4. **Know when to rest**

Clip yourself into a cable or bar with the short arm of the SCORPIO energy-absorbing lanyard whenever you feel tired. Relax your arms by lowering and shaking them out gently.

5. **Always wear a helmet**

Wear a helmet to protect yourself not only from rockfall, but also from falling objects which may accidentally fall from a pocket, a backpack, or a gear loop in the harness (cell phone, digital camera, water bottle, loose change...). A few grams in a pocket can become projectiles weighing kilos a little farther below.

**Technical Information Checking your equipment**

**Energy-absorbing lanyard**

The energy-absorbing lanyard is the essential safety link between the human body and the cable of the via ferrata. Its key role is to limit the impact force on the user during fall arrest. Today’s energy lanyards are easy to inspect for evidence of prior activation. At the end of the lanyard, the connection carabiners undergo repeated rubbing on the cable, which accelerates their wear. Their opening/closing and locking mechanisms are constantly used.

Before every use, inspect your energy absorber:
- for the condition of the webbing and safety stitching (different color)
- for cuts and wear
- open the absorber’s protective sleeve, take the tearing webbing and verify that it is not torn.

On your carabiners, check for cracks, deformities and excessive wear (maximum 1 mm).

For EASHOOK carabiners, push on the gate to be sure that it closes and locks automatically when released. Add a drop of oil if necessary. Make sure that the gate snaps crisply back to its exact initial (closed) position. The Keylock slot must not be blocked by any foreign matter (dirt, pebble, etc.). For EASHOOK carabiners, push on the gate to be sure that it stays closed.

Never reuse an energy absorber after an impact that has activated the absorption system, even minimally (sliding or tearing).

Retire your lanyard or carabiners:
- if the results of your inspection are not satisfactory
- after a significant shock load or impact
- if you have any doubt about their reliability

* www.petzl.com/ppe

Technical information Basics

- **CORA**: adjustable harness
- **PANDION**: basic adjustable harness
- **SIMBA**: full body harness for children
- **SPIRIT**: straight gate carabiner
- **BUG**: backpack
- **e-LITE**: emergency headlamp...

Information is non-exhaustive; consult the details of the inspection procedure to be carried out for each item of PPE (Personal Protective Equipment) on its technical notice or at www.petzl.com/ppe
**Technical information Tips**

**A. Installing the energy absorber on the harness**

- Always stay attached to the cable
- Clip the next section of cable as soon as possible
- Only one person per section of cable

**B. Lanyard arrangement**

Do not clip your lanyard to a fixed point on the harness. In case of a fall, the energy absorber won’t be able to engage and won’t absorb the shock.

**C. Progression with an energy absorbing lanyard**

- The anchors are more than 3 meters apart in vertical sections (risk of fall factor greater than 5)
- There is no cable loop at the anchors. In case of a fall, the carabiner will be poorly loaded.

**D. Resting position**

- Do not clip your lanyard to a fixed point on the harness.
- In case of a fall, the energy absorber won’t be able to engage and won’t absorb the shock.

**E. Progression while tied in**

If you are not comfortable in these types of surroundings or if you think you may fall, you should rope up. Climbing with a rope is safer, as long as you have mastered the rope usage techniques. If you have not mastered these techniques, get assistance from someone with experience or from a professional.

In vertical sections, use climbing belay techniques with a Munter hitch or REVERSO.

In easy traverses, you can progress with a taut rope. The rope should be tensioned between each team member. At least one anchor point should be placed between each team member.

**F. Via ferrata equipment**

Check the equipment already in place, as some via ferratas are very old. Rope up if:
- The anchors are more than 3 meters apart in vertical sections (risk of fall factor greater than 5)
- There is no cable loop at the anchors. In case of a fall, the carabiner will be poorly loaded.