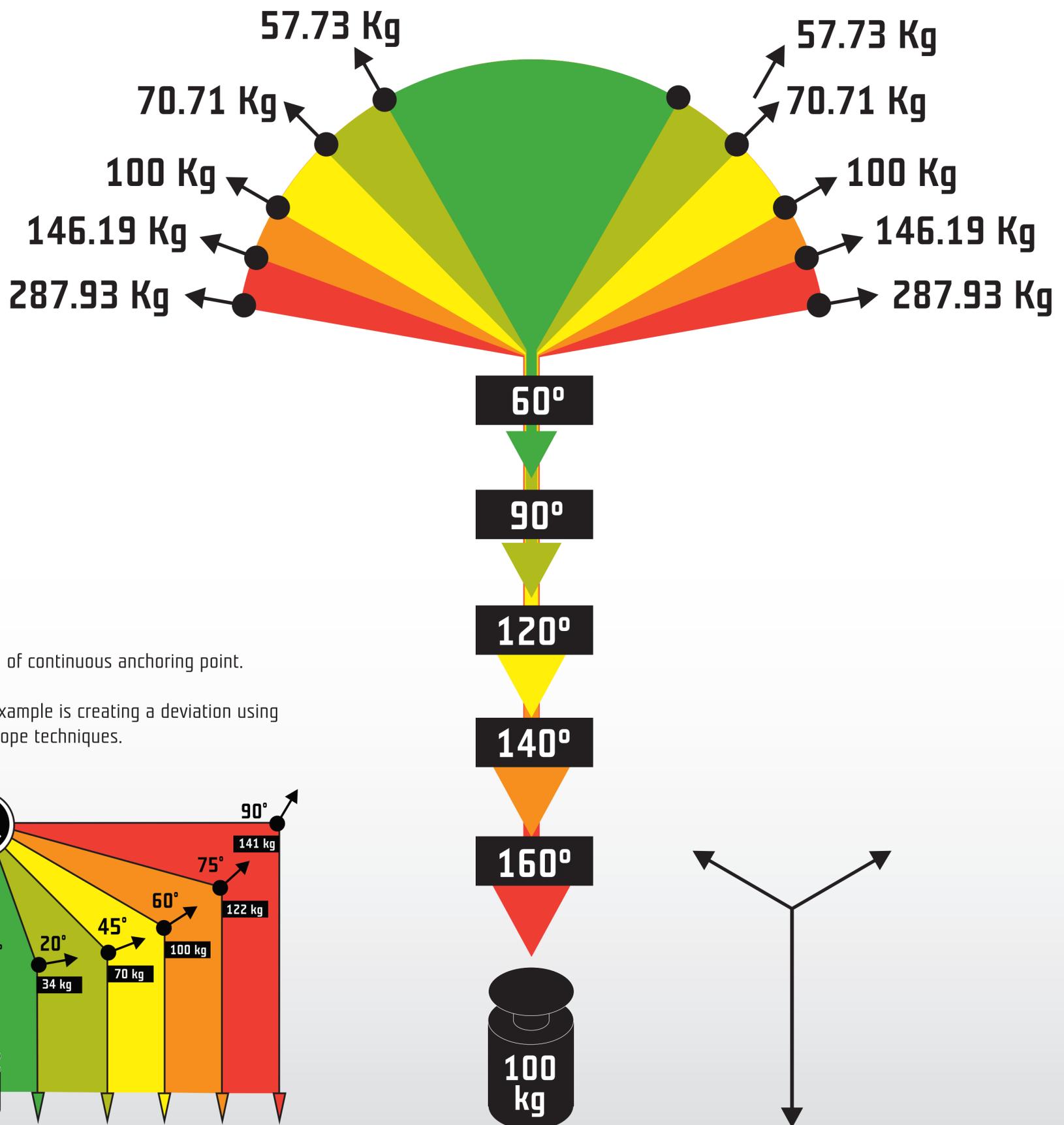


Basic safety rules for work at height are based on many years of experience of the POLYGON Singing Rock members and EU and Czech Republic laws and directives.

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ANCHORING

When anchoring from different points, it is necessary to take into consideration the angle(s) of supporting elements.



Load of continuous anchoring point.

An example is creating a deviation using the rope techniques.

