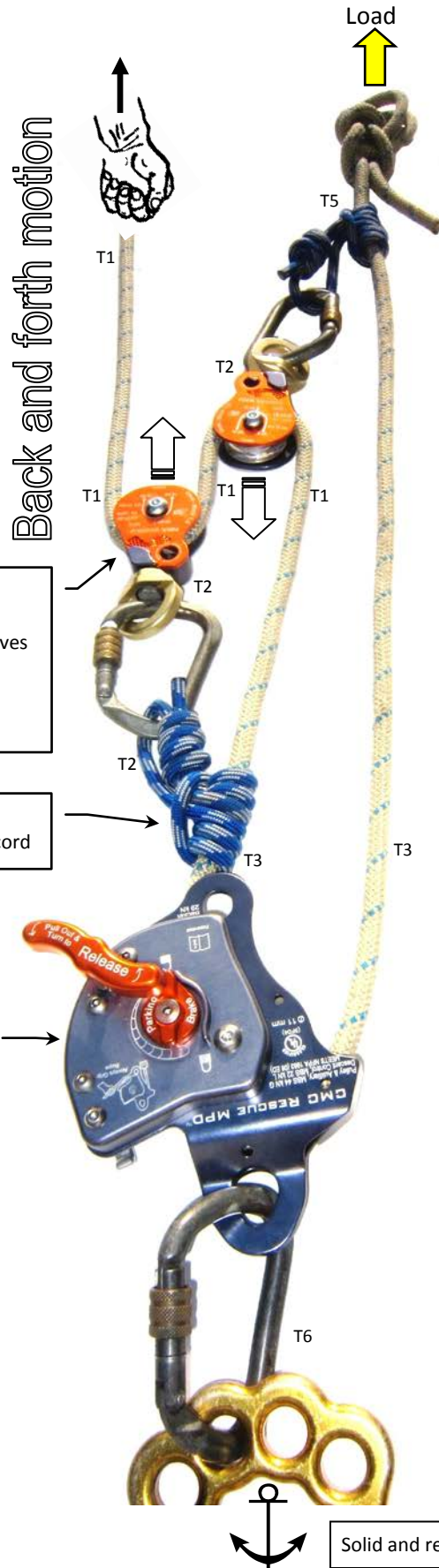


TECHNOTE: Reciprocating M.A. systems

Blueprint for building a 5:1 M.A. reciprocating system

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Caution: This technote is not exhaustive. Comprehensive training and assessment is required under the guidance of a suitably qualified and experienced instructor.

Moving pulley:
 This pulley moves toward the anchor.



Retro moving pulley:
 This pulley moves in an opposite retrograde direction.

Prusik hitch:
 3 wraps / 8.0mm cord

PCD
 The 'MPD' is a purpose designed device that is well suited in the role of PCD. Reasons:
 [] very low friction (acts as a pulley)
 [] capable of arresting loads up to 280kg
 [] very smooth control while lowering – not sensitive like some other competing products.
 [] braking friction can be significantly increased by routing the rope around special brake posts

Note the differences between these two systems. They both yield 5:1 M.A. but they are configured differently.

What are the advantages and disadvantages of these systems? Discuss with your instructor.