

## ULTRA ACCESS Scaffolding Safety Alert

How to Tie a Rolling Hitch - the officially endorsed "Scaffolding Knot".

As with our previous post last month about the commonly used industry standard "Clove Hitch", this publication would like to help explain how to correctly tie a "Rolling Hitch".

Which is the officially endorsed knot as described in **NASC's** [SG9 guidance](#).

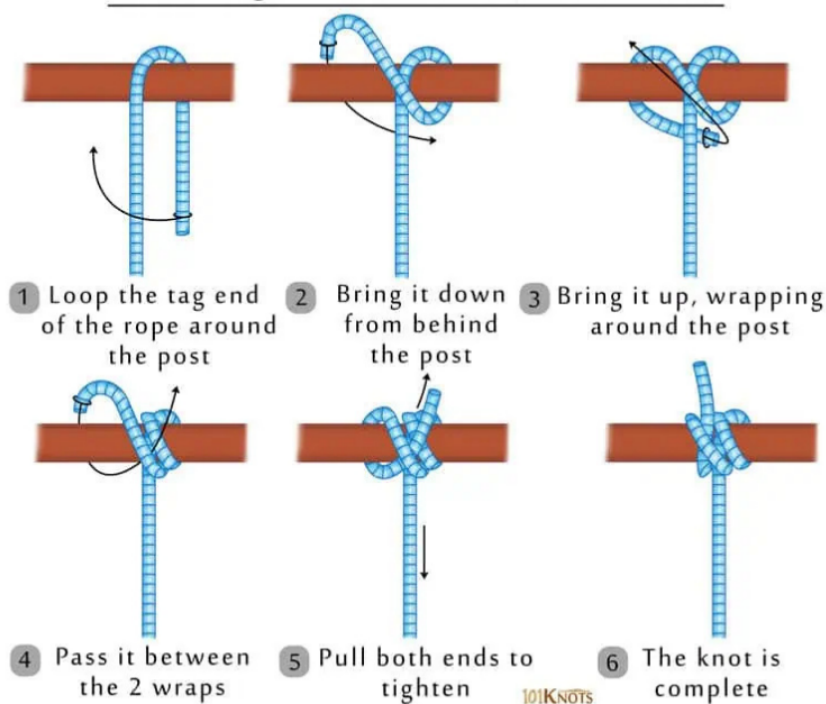
What is a "Rolling Hitch"?

A **Rolling Hitch** is slight modification to the more widely used Clove Hitch.

And another in the "**constrictive knot**" family, which is a knot that becomes tighter and tighter the more pressure that is applied to it.

... with continued thanks to [www.101knots.com](http://www.101knots.com) for another excellent tutorial on this official knots used within scaffolding.

### Rolling Hitch Step By Step



**ULTRA ACCESS** would always recommend that the best knot type is used when raising / lowering materials on a rope, and we highly advise that everyone within the physical aspect of the industry (the scaffolders) should be familiar with both the **Clove Hitch** and the above-discussed **Rolling Hitch** as an important safety measure.

Practice makes perfect and you never know when either, or both knots will come in handy one day.

ULTRA ACCESS  
Scaffold Technical Support

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