

7

a connection strap having a first end configured to be coupled to a secure structure and a second end configured to be coupled to the shock absorber.

15. The safety assembly of claim 9, further comprising: a belay system configured to be selectively coupled to an end of the rope. 5

16. The safety assembly of claim 9, further comprising: a rope grab configured to grab the rope in response to a fall event.

17. The safety assembly of claim 16, further comprising: a shock absorber coupled between the rope grab and a safety harness. 10

18. A safety assembly comprising:  
a shaped tubular member having a passage and first and second flared ends terminating in respective first and second openings to the passage, wherein the shaped tubular member is generally U-shaped; 15

a rope positioned with the passage, the rope having a looped end;

a positioning member having a first side wall and a second side wall, the first sidewall and the second sidewall

8

rolled to form a tapered coned shaped engaging end that selectively fits into at least one of the first and second openings of the tubular member;

an elongated reaching member having a first end coupled to a connecting end of the positioning member; and a hook portion coupled proximate the first end of the elongated member to selectively engage the looped end of the rope.

19. The safety assembly of claim 18, further comprising: a rope grab to receive the rope and grab the rope in response to a fall event.

20. The safety assembly of claim 18, further comprising: a shock absorber configured to be selectively coupled to an end of the rope; and

a connection strap having a first end configured to be coupled to a secure structure and a second end configured to be coupled to a shock absorber.

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