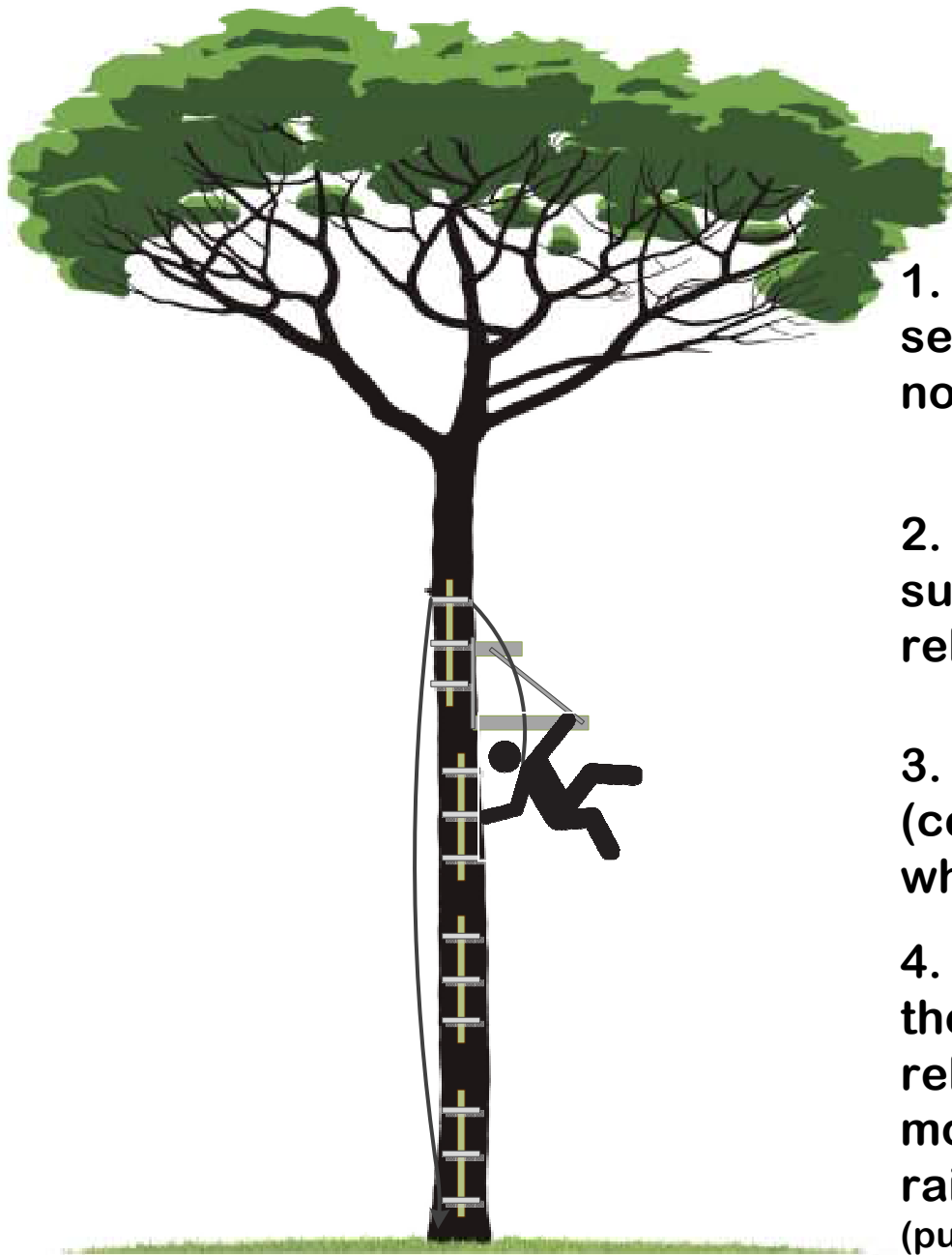
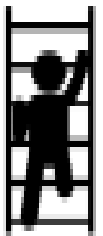


SUSPENDED: What to do....

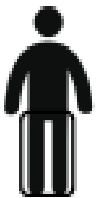


Created by Glen Mayhew

1. Stay calm & self-rescue, if not...



2. Deploy/use suspension relief strap.



3. Call for help (cell phone, whistle, etc.).



4. If you can't use the suspension relief strap, keep moving and raising legs (push off tree if possible).



Connected 100% of the time.

Always use a full-body harness and either a life-line or lineman's belt.