Rock Climbing Safety

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Safety Equipment
Bouldering

- Good Technique
- Spotter
- Know your level
- Crash Pad

Sport Climbing Statistics

- 63% increase in ER visits between 1990 and 2007
- Ankle and foot fractures, sprains and strains are the most common injuries
- Chances of dying when Rock Climbing is 0.032% compared to 0.99% chance when skydiving
- 78% of climbing victims were males and 22% were female
- 12% of climbing victims were involved in belaying incident
- Equipment rarely fails, most injuries are caused by misuse of the equipment
Belaying Techniques

- Always watch your climber
- Keep one hand on the rope at all times
- Know how to use the belay device
- Take a course if you have never done it before

Lead Climbing Techniques

- Clip the quickdraw the correct direction (like you are peeing into the carabiner)
- Tie the figure eight knot correctly
- Trust your belayer
- Know how many quick draws you need
- Take a course if you have never lead climbed
Questions?

Resources