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Self-Rescue (Paperback)

By David Fasulo

ROWMAN LITTLEFIELD, United States, 2011. Paperback. Condition: New. Mike Clelland (illustrator). Second Edition. Language: English . Brand New Book. The must-have handbook on rescue techniques for serious climbers Whether you need to assist your partner past a difficult section of a climb or rappel down a multipitch route with an injured climber, you owe it to yourself and your fellow climbers to be prepared. How to Climb(TM): Self-Rescue fully describes and illustrates a variety of techniques that every climber needs to know for safety and self-reliance. The first edition of this book was the authority on rescue techniques for rock climbers. Now completely updated and revised with the latest techniques-and accompanied by Mike Clelland s clear, detailed illustrations-David Fasulo s How to Climb(TM): Self-Rescue remains the definitive resource on the topic. Contents1. Transition Model 2. Self-Rescue Concepts: Terrain, Technical Ledges, Baseline and Belay Escapes 3. Tools and Primary Systems for Self-Rescue4. Knots and Hitches5. Anchors and Belays6. Patient Assessment7. Terrain Assessment8. Hands Free 9. Course of Action - Descend10. Course of Action - Ascend11. Course of Action - Stabilize/Shelter in Place12. Top-Rope Rescue13. Second Rescue14. Leader Rescue 15. Search and Rescue16. Analysis of Select Rescues and Accidents 17. Skills Assessment.



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