

## **CLIMBING HINTS.**

1. Hook on at or above your position when climbing or working.
2. Keep hook close to your position to reduce the adverse results of “pendulum effect” in the event of a fall.
3. Avoid situations where hook could receive side loading in the event of a fall.
4. When working only use 1 lanyard. If 2 lanyards are used and a fall occurs, the shock absorbers may not function, resulting in a sudden stop.
5. When hook is attached, ensure jaw is completely closed and not fouled.
6. Do not drop your hook, when climbing, as you may hit the crew following.