



Self-Rescue 2nd (How To Climb Series)

David Fasulo, Mike Clelland

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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™: 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™: Self-Rescue* remains the definitive resource on the topic.

Contents

1. Transition Model
2. Self-Rescue Concepts: Terrain, Technical Ledges, Baseline and Belay Escapes
3. Tools and Primary Systems for Self-Rescue
4. Knots and Hitches
5. Anchors and Belay
6. Patient Assessment
7. Terrain Assessment
8. Hands Free
9. Course of Action – Descend
10. Course of Action – Ascend
11. Course of Action – Stabilize/Shelter in Place
12. Top-Rope Rescue
13. Second Rescue
14. Leader Rescue
15. Search and Rescue
16. Analysis of Select Rescues and Accidents
17. Skills Assessment

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