



Tree Stand Safety Tips

JMU Department of Risk Management www.jmu.edu.riskmgmt

Basic rules of tree stand safety

No matter what type of tree stand you use, the basic rules apply to all of them:

- Always wear a full-body harness also known as a fall-arrest system. Connect to your tether line and keep your tether line short. The tether is designed to keep you in the seat, not to catch you after you fall.
- Always have three points of contact while climbing into and out of the tree stand: This means two hands and one foot or two feet and one hand at all times.
- Always use a haul line to raise and lower your unloaded firearm or bow into and out of the stand. You can also use the haul for other things like a heavy backpack.
- Use a lifeline when climbing up and down, this keeps you connected from the time you leave the ground to the time you get back down.

Go to this link for a very important Tree Stand safety message: https://youtu.be/yeT_WNP5Z3Q

Take these other steps to stay safe:

- Be aware of suspension trauma: Suspension trauma can happen in less than 20 minutes and can be fatal. Attaching an additional foot strap to the body harness will take pressure off your upper legs should you fall.
- Select a tree that is substantial enough to support your weight.
- Read, understand and follow all of the manufacturer's recommended procedures.
- Do not alter your equipment.
- Use a short tether between you and the tree when seated in the tree stand.
- Let people know where you'll be hunting, where you'll be parking your vehicle and when you intend to return.
- Carry a cell phone with you so you can call for help if you are injured after a fall.

Go to this link to take a free online tree stand safety course: <http://www.huntercourse.com/treestandsafety/>