

Belaying get it right!

Pay attention!
Know how to use your gear

Get in the best position
Check the need for a ground anchor

Look out for falling objects – including climbers
Need a helmet? Then wear one!

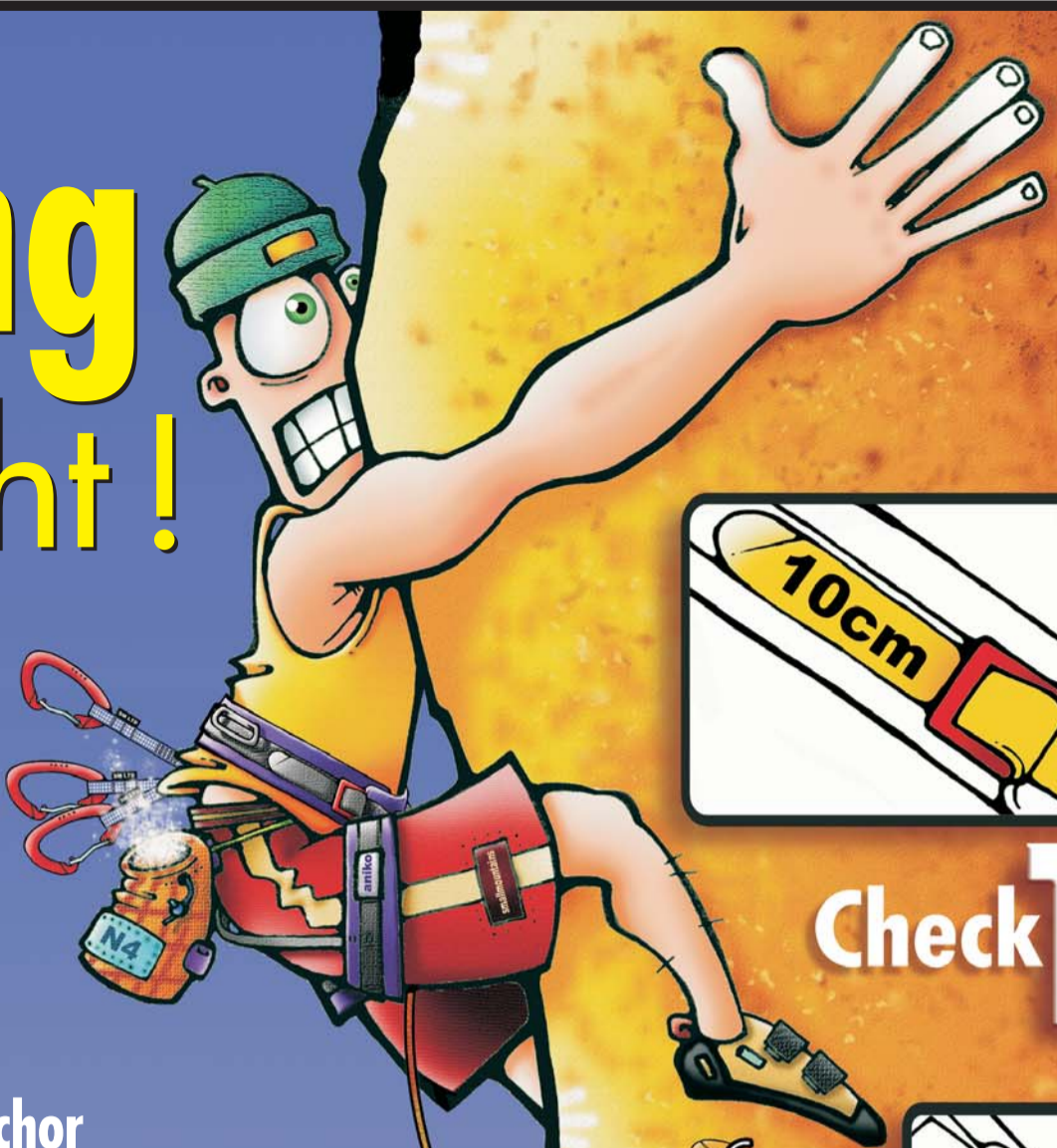
Is your rope fat or thin? Use the correct belay device
Check your rope is long enough



Contact
Information Service
for more details

**KEEP A
CONTROLLING HAND
ON THE ROPE**

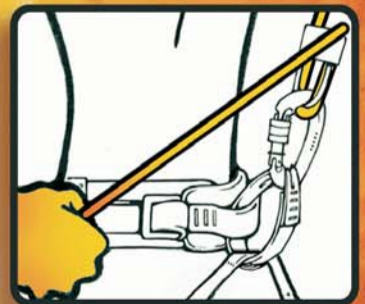
REMEMBER: ACCIDENTS OFTEN INVOLVE POOR BELAYING



Check 1



Check 2



Check 3



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Mountaineering Council of Scotland Working for Climbers, Hill Walkers and Mountaineers

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