

## Tree Stand "Best Practices"

Read the manufacturer's instructions and warnings before you use your stand.

Check your stand (including straps and chains) every season and replace worn or missing parts.

Do not leave your stand up all year.

Use a full-body harness with a lifeline and stay connected from the time you leave the ground to the time you get back down.

Be aware of suspension trauma. Be sure the harness has a foot strap to relieve harness leg pressure.

Use a "lifeline" or safety rope that is secured at the base of the tree or stand and to the tree just above your head when sitting in the stand.

Attach the tether from your full-body harness to the lifeline using a carabiner and prusik knot, which easily slides up and down the lifeline, keeping you connected at all times.

Once you are safely in your stand, and your tether is attached to the tree, raise your equipment into your stand.

Always use a haul line, such as a strong rope, to raise and lower your unloaded gun or cocked crossbow or bow with quiver up the stand.

Do not tie the haul line around the trigger or trigger guard on a firearm. Raise a firearm with the muzzle pointing down.

Let someone know where you will be hunting and when you will return. A map showing your stand location makes it easier for others to find you if you do not return on time.

Carry emergency equipment, such as a knife, cell phone, flashlight, and whistle in your pockets at all times (not in your pack hanging in the tree).

## Join New York's Instructor Team!

### New York State Department of Environmental Conservation | Hunter Education

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[www.dec.ny.gov](http://www.dec.ny.gov) | <http://www.dec.ny.gov/outdoor/7860.html>

## How Hard will you Hit the Ground?

*You Choose . . .*

(Ex: 180 lb. hunter falling at 32.1 ft/s<sup>2</sup> striking the ground)

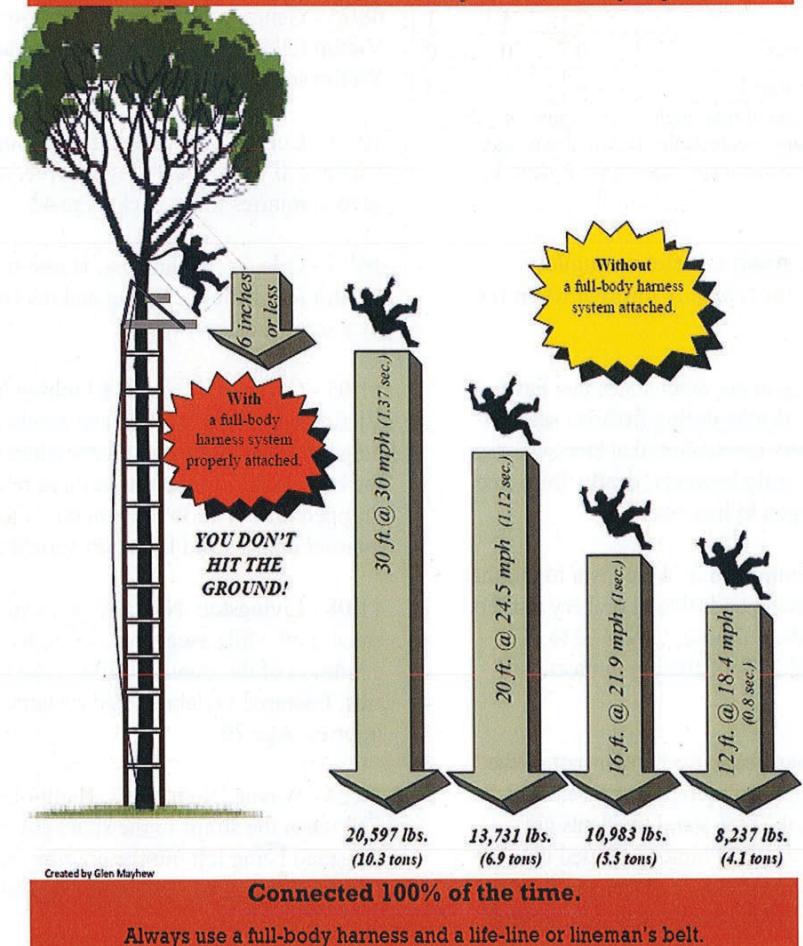


Image created by Glen Mayhew and provided by the Tree Stand Safety Awareness Foundation

