



## AAC Publications

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### **Fall on Rock, Unfinished Harness Knot, Distraction**

Kentucky, Red River Gorge, Muir Valley

On October 26 a man (45) with significant rock climbing and paramedic rescue experience fell from a height of about 30 feet, sustaining serious injuries. "I can't tell you how embarrassing it is to have had such an accident," the man reported. "The cause was nothing more than failure to tie in. I remember tying the figure eight and feeding it through my harness, and then I started talking to someone for a few minutes and never followed the knot through. When I started climbing, it appeared as if I was tied in, but I was not. Thankfully, I didn't get nearly as far on the route as I thought I would."

#### **Analysis**

It was the last climb on the last day, and our group just lost focus. Climbing is a great sport that can be enjoyed safely. Just make sure everyone is watching out for everyone out there. Check your knots! (Source: Chris Hannes.)

**Images**

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