



The School For  
Mountain Leadership

## HIGH ANGLE RESCUE TRAINING HANDOUT No 1 : RESCUE ABSEIL SETUP EXAMPLE

*This training handout may be freely reproduced  
and distributed in an unaltered form.*

### NEED MORE INFO?

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***This training handout is an aide-memoire for students who have completed the appropriate training. Do NOT attempt these techniques without proper training – getting it wrong can be lethal!***

This is one example of how an abseil might be set up to gain access to a patient in a High Angle Rescue situation – there are certain to be many other possible ways of doing this. The edge hasn't been shown and nor has the belayer – this is just to make the picture less cluttered. In real life they will obviously both be present.

In this example the main line (red) has been rigged off of two anchor points. The belay (green rope) has been rigged off a single bomb-proof anchor point.

Important points to note:

1. Knots either have safeties tied or have tails that lead directly into other knots.
2. The internal angle in the main line's anchor system has been kept small – less than 60° is ideal.
3. Safeties are tied close to the main knot to prevent the formation of loops that people might mistake as being safe to connect to.
4. Where the main line has been extended between the abseil rope and the anchor system there is no tension on the rope – the knot on the abseil rope is not cross-loaded.
5. There is a knot in the end of the belay rope (the end that is not connected to the abseiler). This knot prevents the end of the belay rope from being pulled through the belay device when the abseiler goes down too far. Clipping the rope to the anchor (a) makes the knot visible and (b) adds extra security.
6. There is a knot near the end of the abseil rope (about 1m from the end) to prevent the abseiler from abseiling off the end of his rope.



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Please contact us at the above addresses for further information.

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