



The School For
Mountain Leadership

HIGH ANGLE RESCUE TRAINING HANDOUT No 8 : BUILDING AN ALPINE STRETCHER BRIDLE

*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!

Stretcher bridles are a critical interface between your stretcher and the rest of the rescue system. However, many of them are bulky, heavy and perform poorly. The stretcher bridle depicted below is both lightweight and compact whilst being extremely functional.

You will need:

- 2 x 6m lengths of 6mm accessory cord
- 4 x screwgate carabiners to fit your stretcher
- 1 x Delta Maillon

You are going to start off by building 2 identical yokes. To construct one yoke proceed as follows:

Step 1: Join the two ends of one of the 6m lengths of 6mm accessory cord to one another using a Double Fisherman's Bend. This will give you one long loop with a single knot in it.



Step 2: Tie either a Two-Wrap Prussik Hitch or a Three-Wrap Prussik Hitch around your hand so that the Double Fisherman's Bend ends up about 4cm from your hand. If your accessory cord is soft you can use a Two-Wrap Prussik, otherwise use a three-Wrap Prussik. Make sure this Prussik Hitch has an internal diameter of at least 5cm.

Step 3: Feed the other end of the loop through the Prussik you've created around your hand then pull it tight, adjusting the loops and the location of the Double Fisherman's as you go. Dress the Prussik Hitch and make sure that you adjust the loop so that the tension is uniform throughout it.





Step 4: Repeat steps 2 and 3 with the other end of the loop. This will give you one long loop with a Prussik Hitch on each end. Clip a carabiner into each of these loops and adjust them so that both are as close to the same size as is humanly possible.

Step 4: Find the middle of the loop and fold it in half, then tie an Overhand Knot in it, creating a loop in the end. This will now give you a yoke with a loop at the centre and one (adjustable) 2-wrap prussik loop at each of the 2 ends.



Step 5: Repeat the process (steps 1 – 4) with the second 6m piece piece of 6mm accessory cord. This will create a second yoke the same as the first. Take the loop formed by the Overhand Knot and put it into the Maillon. Do the same with the loop formed by the Overhand Knot in the second cord. Screw the Maillon shut. You now have an adjustable bride! Check that the Prussik Loops hold when they should and that you can adjust them when you need to. Check that your stretcher hangs horizontal when you adjust it.

Please contact us at the above addresses for further information.
