



ABSEILING

Safety Guide

Outdoor Activity Provider

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KEY BENEFITS

Confidence Building

Overcoming fear of heights builds lasting self-belief.

Trust Development

Relying on belayers develops mutual trust and communication.

Fear Management

Learn to control fear response and stay calm under pressure.

Technical Skills

Introduction to rope work and safety systems.

KEY HAZARDS & CONTROL MEASURES**Falls from Height**

- ✓ Redundant anchor systems (minimum 2 points)
- ✓ Equipment checks before each descent
- ✓ Safety rope with qualified belayer
- ✓ Proper harness fitting by instructor

Rockfall

- ✓ Helmets worn by all participants
- ✓ Edge inspection before use
- ✓ Clear drop zone below abseil
- ✓ Clear communication protocol

Equipment Failure

- ✓ Regular equipment inspection and logging
- ✓ Visual check before each use
- ✓ Retirement schedules for soft goods
- ✓ Safety-certified equipment only

Edge Injuries

- ✓ Edge protection padding where needed
- ✓ Instructor control of rope at edge
- ✓ Thorough briefing on technique
- ✓ Practice on low angle before vertical

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Anchors

- Anchor points inspected
- Load distribution correct
- Redundancy in place
- Edge protection installed

Equipment

- Ropes inspected
- Helmets available
- Harnesses checked
- Descenders functioning

Participants

- Briefing completed
- Helmet worn
- Harness fitted correctly
- Commands understood



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