PLAY IT SAFE

LEADERS
SOLDIERS
FAMILIES

- Begin by taking lessons on the climbing wall at your local gym.
- Always consult an experienced guide or instructor.
- Check harnesses.
- Check knots.
- Wear a helmet.
- Check ropes and belays.
- Use a long rope.
- Pay attention.
- Bring enough gear.
- Climb with the rope over your leg.

ON THE CLIMB!

U.S. ARMY
ARMY STRONG.

U.S. ARMY COMBAT READINESS/SAFETY CENTER
https://safety.army.mil

ARMY SAFE IS ARMY STRONG

A BAND OF BROTHERS & SISTERS