


# Don't Leave Safety Up In The Air When Hunting From Tree Stands

UNIVERSITY PARK (Centre Co.)— In an effort to outsmart the elusive whitetailed deer, more and more Pennsylvania hunters

are taking to the trees to bag their quarry. "Hunters can climb existing limbs or use ladders, steps or

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Does your body get the oxygen it needs?  
(Adapted from a quiz by Dr. Eigi Noguchi)

Check all the boxes which apply to you

- I wake up tired even after eight hours of sleep
- I sleep restlessly waking up frequently
- I suffer from chronic fatigue
- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
- I have frequent pain in my shoulder and/or back
- I have weight problems
- I crave sweets, alcohol or soda

If you checked more than three boxes, your body might not be assimilating sufficient oxygen. Please consult your physician. You may wish to have your blood oxygen levels tested before and after you begin to use the Chi Machine.

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**1-800-468-4909**

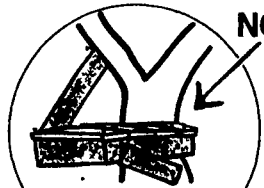
commercial climbers to reach perches 10 to 15 feet off the forest floor," explains Earle Robbins, Tioga County extension director for Penn State Cooperative Extension and a certified hunting safety instructor. "Tree stands have been very popular with hunters in archery season, and now more hunters are using them during rifle season."

Hunting from tree stands can be more productive, but using them can be dangerous. Nationwide, about 10 hunters every year are killed in falls from tree stands, while many others suffer temporary or permanent injury.

"Human error is the main rea-

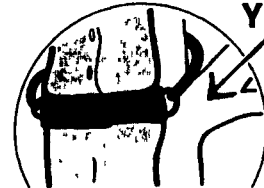
Penn State Pointers ▶ **Tree Stands: Don't Leave Safety Up In The Air**

**REMEMBER...** Human error is the main reason for tree stand hunting accidents. Reduce risk of injuries or accidental death by following these precautions.



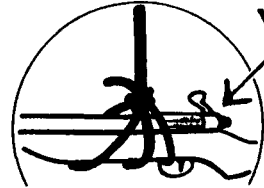
**NO**

Use manufactured stands only. Homemade stands deteriorate quickly and often are unsafe even when new.



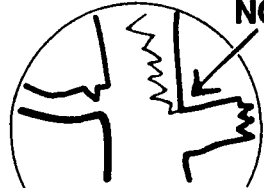
**YES**

Wear a safety belt or harness. It will help keep you safe if you slip or the tree stand fails.



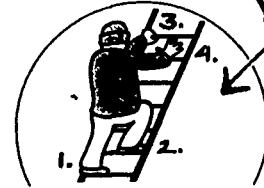
**YES**

Unload before going up or down. Always unload guns before raising or lowering them.



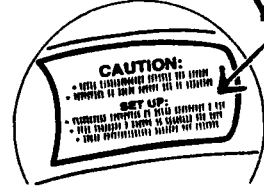
**NO**

Choose healthy trees. Be sure trees are solid and unweakened by rot, fungus or disease before climbing.



**YES**

Use caution to safely climb at stands. Make sure your hands and feet are secure at three points before moving up or down.



**YES**

Follow all manufacturers' directions.

Graphics / Illustration Tom Laird, College of Agricultural Sciences © Penn State 2001

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son for tree stand accidents," Robbins says. "People climb into trees or stands when conditions are wet, icy or windy. They also fall asleep and fall out of the tree or become excited when a deer appears and take one step too far."

Robbins recommends following these safety tips when using

tree stands:

- Do not use weathered, homemade tree stands. These stands often deteriorate quickly and often are unsafe even when newly installed.
- Wear a safety belt or harness. These products fit under both arms and are attached to the tree and the hunter. If the stand breaks or slips, the hunter remains in position.
- Always unload firearms before pulling them up into (or lowering them from) the tree stand.
- Choose an obviously healthy tree with branches that can support the additional weight. Make sure the tree has no dead

branches or fungal growths nearby or on the trunk. Mushrooms or fungi on trees can be a sign of ill health.

• When climbing up or down, always ensure that your hands and feet are secure at three points of contact before moving the fourth point.


• Closely follow manufacturer's directions when using commercial tree stands.

Robbins warns hunters that they cannot place a tree stand in any tree of their choice. They must ask the owner first.

"There is a \$100 fine plus damage costs for placing a tree stand on public or private property without permission," Robbins said.

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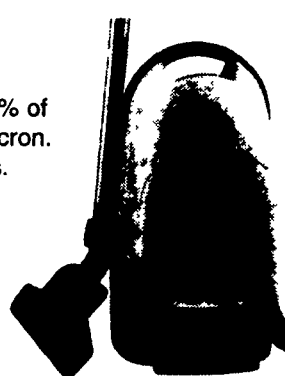
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