

Preface:

In the event that rescuers need to perform a pick-off, it is recommended that the pick-off be done from a lowering/raising system. A higher level of safety is provided with a lowering/raising system, as it allows for: 1)both of the rescuers hands are free to work with the pt, 2) no need for rappel with a two-person load, and, 3)the system can be converted from a lowering to a raising system under a load.

Pick-off

OPERATIONS

KEY POINTS

1. Set up main line with RPM off an anchor	1a. Tie figure 8 on a bight in end of line
2. Set up belay line with RPM set off a separate anchor.	b. Reeve line through brake bar rack attached to the anchor.
3. Attach a prussic to each line	2a. Tandem Prusik belay with load release strap (prusik minding pulley advised)
4. Connect pickoff strap to both prusiks	b. Figure 8 on a bight in end of line with large loop
5. Attach victim harness to bottom end of Pickoff strap	3a. About 4 feet from the end of ropes (4' above figure 8 knot)
6. Rescuer connects to both main & belay lines	4a. Using one carabiner gather both prusiks
7. Lower the rescuer to a position slightly above The victim	b. Adjustable D ring attached to carabiner
	5a. At attachment point on front of waist belt with a carabiner
	6a. With carabiners on each line attached to figure 8 on a bight
	b. Attach main line to seat harness
	b. Attach belay line to chest & seat harness
	7a. Rescuer to remain out of reach of victim
	b. Rescuer talks to victim to reassure him/her and explain the operation
	c. Rescuer readies gear. Has both ends of victim waist strap in each hand

<ul style="list-style-type: none">8. When ready, the rescuer is lowered to the victim 9. Attach pickoff harness to the victim 10. Push the prusik hitches up on the main and belay lines as far as possible 11. Adjust pick off strap to position victim above and in front of the rescuer 12. Lower rescuer and victim to ground or raise back to top depending on operational goal	<ul style="list-style-type: none">8a. Lowered to a point right beside the victim with rescuer's head about level with the victim's shoulder 9a. Secure the victim by tightening the waist strap first, then secure leg straps 10a. Will aid in victim positioning 11a. Rescuer and victim will walk the ledge up or down , depending on operation b. If rescuer and victim are hanging in air, position victim in front of and a few inches above rescuer so that victim is straddling rescuer at waist
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