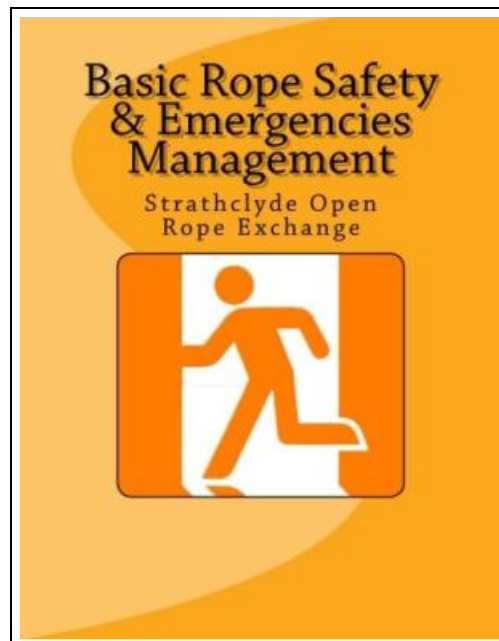


Basic Rope Safety Emergencies Management: Strathclyde Open Rope Exchange (Paperback)



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Reviews

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This is the workshop manual that goes alongside the Strathclyde Open Rope Exchange session on Basic Rope Safety Emergencies Management. This book is aimed at the safe practice of rope arts. Topics covered: Safety equipment you should own - covering safety shears, line cutters, first aid kits with a rope safety focus. Asking the right questions to new partners - covering how much you need to know about someone's physical and mental health whilst respecting their personal boundaries. Setting up a safe play environment - covering how to play safely without losing the atmosphere both at home and in public environments. Safe words, safe signs and checking in - covering how setting up a language for communication of all is well can enhance all partners experience Common problems encountered in rope bondage - covering circulation issues, identifying problematic pressure areas, spacing out vs worrisome reduced consciousness and simple injuries Mental and emotional first aid - covering how to communicate effectively about the non-physical side of rope and deal with difficult emotions. Cutting the rope vs untying - covering situations where both approaches are either exactly the right or wrong thing to do. Safe removal of tight bindings - covering the practicalities of removing ligatures without causing injury Practical management of panic - covering giving helpful support to a partner experiencing acute emotional crisis Loss of consciousness - covering simple faint, a non-communicating partner and sudden collapse The non-breathing collapsed partner - covering how to respond to a life threatening emergency and description of Hands Only CPR. This manual does not qualify any person to deliver emergency care nor does it constitute formal instruction in first aid or life support.

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