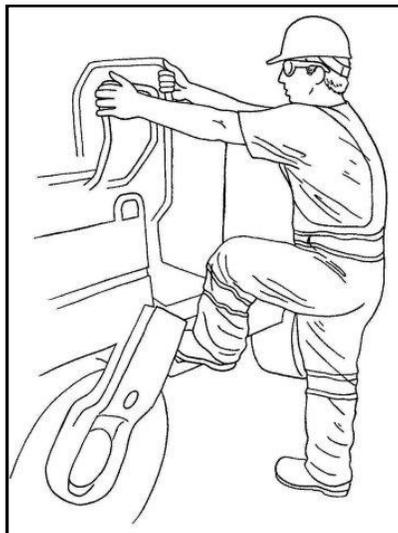


You're in a hurry to get the job done, no time to lose, so we tend to jump down from equipment. Most often this will save you time, until the day you twist your knee or ankle. Now we are no longer in a hurry because we can't work until things heal up.



No matter how fast you have to go, don't jump out of equipment. Always use a three point contact to climb in or out. It is much safer, and the tiny extra time it will take will keep you safe and sound.

KNEES AND ANKLES