



ICAR

REC B 0001 E

International Commission for Alpine Rescue

Commission for Terrestrial Rescue

Recommendation REC B 0001 of the Commission for Terrestrial Rescue

of October 16, 2005

about the

**using of Carabiner with Self-Lock-Systems in mountain rescue
organziations**

1998

Revision in Cortina (I) 2005

The ICAR terrestrial rescue committee recommends at organized mountain rescue operations for main- and central carabiners and for air rescue operations only the use of push/ pull and twist carabiners which is conform to EN 12275Q