**FOR IMMEDIATE RELEASE CONTACT:** Name

XX/XX/XXXX Email | Phone

**Stay Safe This Hunting Season!**

***Visit Falls Free® Wisconsin Today!***

Fall in Wisconsin is a great time to be outside – winding down from summer activities, enjoying the colors of the changing leaves, or even sitting in a tree or deer stand for hunting season. Did you know? Falls can be quite common during the hunting season, even more so than firearm accidents! The [Tree Stand Safety Awareness Foundation](https://treestandsafety.org/) reports that 86% of fall victims didn’t wear a harness and 99% weren’t attached at the time they fell. Read on to learn ways that you can reduce your risk of a fall!

**Basic Rules of Tree Stand Safety**

When sitting in a tree stand this hunting season, follow these four basic rules from the Wisconsin Department of Natural Resources (DNR):

* Always wear a full-body harness, also known as a fall-arrest system. Connect to your tether line and keep your tether line short. The tether is designed to keep you in the seat, not catch you after the fall.
* Always ensure you have three points of contact while climbing into and out of the tree stand: This always means two hands and one foot or two feet and one hand.
* Always use a haul line to raise and lower your unloaded firearm or bow into and out of the stand. You can use the haul for other things as well, such as a heavy backpack.
* Use a lifeline when climbing up and down, this keeps you connected from the time you leave the ground to the time you get back down.

Lieutenant Michael Weber, Warden in charge of the Hunter Education Program at the DNR says “another must-do tip is to plan your hunt – share your plan with someone – and then follow that plan. Pack a cell phone in case you need a bit of help, just call for it”.

Brush up on your safety skills by taking a FREE, 15-minute [Tree Stand Safety Course (huntercourse.com/treestandsafety).](https://www.huntercourse.com/treestandsafety/) Think about safety in other hunting stands or blinds as well; install handrails for stands that have steps leading up to them. Consider your vision, especially if you are walking in or out of the woods during dark, as well as your balance and strength. Get your eyes checked once a year and practice some simple balance and strength exercises to gear up for hunting season.

[local quote here or delete]

For more fall prevention tips and to learn ways that you can stay safe this hunting season and beyond, visit [FallsFreeWI.org](https://fallsfreewi.org/stay-falls-free-this-hunting-season/) [and insert local resource or delete].

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