

Can I safely climb my radio tower?

Here are some questions that you may want to ask yourself before attempting to climb your home radio tower or your friend's or local club's radio tower.

1. Do I currently have any occurrences of dizziness or lightheadedness? Do I have a history of either of these occurring?
2. When I walk up a flight of stairs, do I have difficulty, or do I become short of breath?
3. Do I have any weakness and/or numbness in either of my arms or legs?
4. Do I have any decreased feeling and/or tingling in either of my arms or legs?
5. Do I have any vision or hearing difficulties?
6. Do I have any chest pain and/or shortness of breath? Do I have a history of either of these occurring?
7. Do I have any excessive sleepiness? Do I history of this occurring?
8. Do I have any chest pain, difficulty breathing and/or shortness of breath with exertion?
9. Am I taking any medications that may impair any of my senses and/or reaction time?
10. Did my doctor give me any type of medical restrictions?
11. Do I have poor grip strength?
12. Do I have poor balance?
13. Do I have poor coordination?
14. Do I have any joint problems?
15. Am I unable to keep my focus on tasks that require concentration?
16. Am I mentally preoccupied with something else?
17. Am I in a rush or needing to get work done quickly?

If you answer yes to any of these self-assessment questions, you may be unfit to climb any radio tower. If you are planning to climb a tower, be sure to check with your doctor before attempting to climb. Also, be sure you have a spotter & the proper safety equipment before attempting to climb.