

Mountain Madness: Episode 8

Loosen and Tighten

by International Mountain Connection

Hi, I'm Michelle Onofrey with International Mountain Connection. Welcome to Mountain Madness!

In this episode, I'm going to talk about loosen and tighten and there are actually two different definitions when we use these words.

So, the first definition is when we're talking about equipment and we want to make sure that the equipment is the right size.

So, if we're talking about a harness, obviously you want the harness to be the right size. You don't want it to be too big and you don't want it to be too small and manufacturers they offer different sizes: small, medium, large, extra-large...

so even if you have a small you can adjust the size and where we adjust the size is on the waist belt. So here I have my harness, and this is the waist belt. And with the waist belt we have a buckle and a strap.

And this strap we can use to loosen or tighten the waist belt. So if you are going to loosen the waist belt it's to make it bigger and if you need to make it smaller you're going to tighten the waist belt.

Another piece of equipment that you might need to adjust the size is a ski boot and you can tighten and loosen your ski boot.

Let's take a closer look. Here you have buckles, and you can loosen and tighten your boot by adjusting the placement of the buckle.

And if you move the buckle closer to the inside of your foot, then it's going to tighten the boot. If you move the buckle to the outside part of your foot, then it's going to loosen the boot. It's going to make it bigger.

So, with a ski boot you are still going to tighten or loosen the fit, or the size, of your ski boot, but instead of pulling a strap you are changing the position of a buckle.

Another piece of equipment that you might need to adjust is a helmet. And helmets come in different sizes: small, medium, large... but after you have the correct size you might need to adjust the chin strap.

Maybe you need to loosen your chin strap or maybe you need to tighten the chin strap to make sure that your helmet stays in place.

The second way that we use loosen and tighten is actually to lock and unlock a carabiner.

So, this carabiner is a locking carabiner and right now the carabiner is locked. The gate will not open. But if I loosen the gate of a locking carabiner, the gate is open. It's unlocked.

And if I tighten the gate of a locking carabiner, the gate is closed. It's locked. It cannot open.

So those are the two different ways that we use loosen and tighten.

If we're talking about adjusting the size of a piece of equipment to make something bigger, we need to loosen. To make something smaller we need to tighten.

And if we're talking about locking carabiners, to loosen is to unlock the carabiner and to tighten is to lock the carabiner.

Thank you for joining me.

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I'll see you soon! Bye-bye!