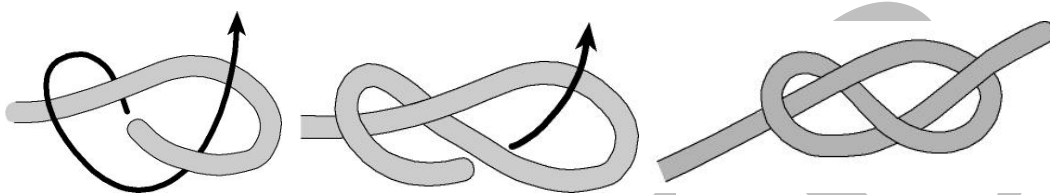


# RESCUE KNOTS (Part One)

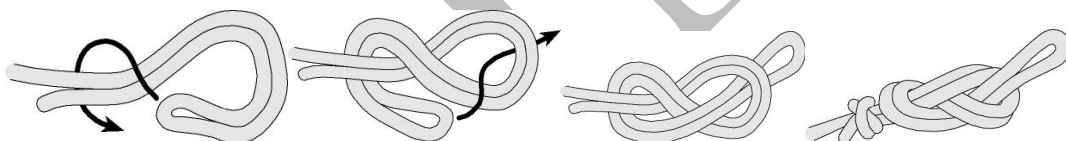
## Simple Figure 8 - Stopper Knot

Use the simple figure 8 to stop the rope end from slipping through a device such as a brake bar rack, a pulley, or a rope bag grommet. We also use the simple figure 8 to tie other knots.



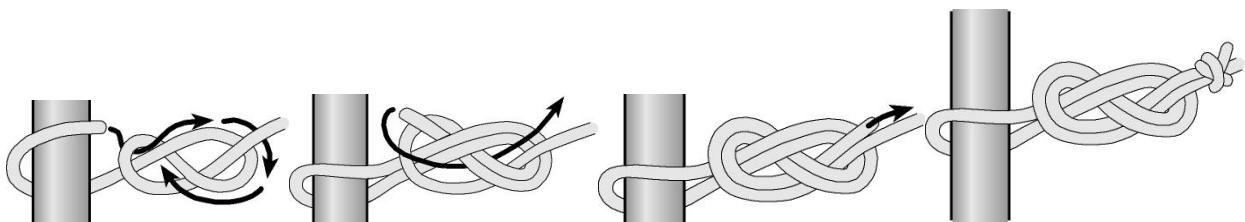
**Figure 8 on a Bight**

A rescuer can attach this anchor knot to various components of the rope rescue system with a carabiner or screw link, or can slip it over an object with an open end such as a post. It creates a loop in the rope that will not slip. Rescuers should always include a safety knot. This knot has a rope efficiency of 80%.



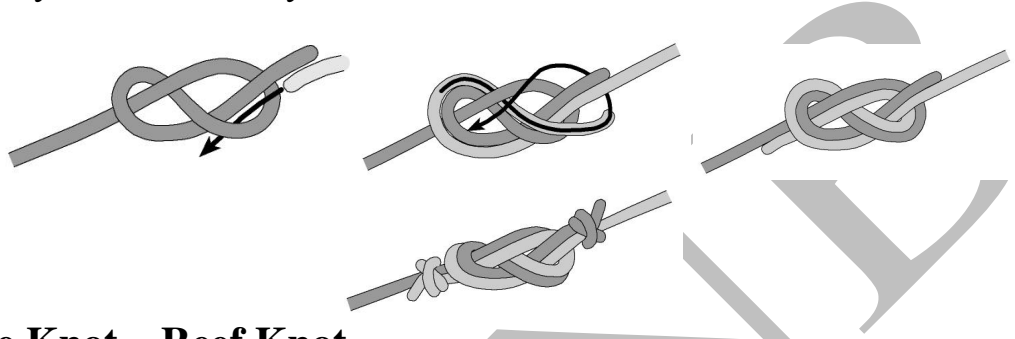
**Figure 8 Follow Through Loop**

This knot is another anchor knot in the figure 8 family. The difference between the Figure 8 on the bight is that the Follow Through allows you to tie the knot around an anchor point that has no open end. A structural column between floors would be an anchor point with no open end. You simply start with a simple figure 8 back far enough in your rope to allow enough to wrap around the anchor plus follow back through your knot. Make sure you leave enough for the safety. Knot efficiency is 81%



## Figure 8 Bend Knot

This is one more knot in the figure 8 family. This knot is used to tie two ropes together to make a longer rope. You start this knot by also tying a simple figure 8 in about three feet on your rope, then take the other rope and bend it in through the knot. This is a lot like the figure 8 follow through but instead of making a loop you're joining two rope ends to make one long rope. Make sure you leave enough for a safety. Knot efficiency is 81%



## Square Knot – Reef Knot

Use this knot to bind together two ropes ends of the same diameter. Rescuers can use this knot for tying loose ends of rope together when they must remove all slack. Examples include certain rope bridles for litters rigged in the vertical position. You must configure these bridles so the square knot will not take the load of the litter. Since this knot should not be load bearing inefficiency is not a concern. This knot ties just like your shoes, left over right, right over left or the opposite. Remember to tie a safety. When finished tying this knot the two tails ends should be on the same side or the knot will slip apart.

