



Fire Protection Training

Procedures Handbook 4300

ROPES & KNOTS

TOPIC: How To Tie A Becket Bend (Sheet Bend)

TIME FRAME: 15 Minutes

LEVEL OF INSTRUCTION:

BEHAVIORAL OBJECTIVE:

Condition: One length of rope per student

Behavior: The student will tie a becket bend.

Standard: With a minimum of 100% accuracy within 20 seconds

MATERIALS NEEDED:

- One length of rope per student
- Stop watch
- Performance examinations

REFERENCES: None

PREPARATION: Knot tying is a basic firefighting skill. In emergency operations it is important that each knot be tied quickly and without error. A knot which is used inappropriately or which fails because it was tied improperly can further harm victims, injure fellow firefighters and become an embarrassment to you.

This knot is especially effective in joining two ropes of unequal diameter and is not likely to slip when the ropes are wet.



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HOW TO TIE A BECKET
BEND (SHEET BEND)

OPERATIONS

KEY POINTS

1. Form a bight
2. Pass the standing part end
3. Pass the standing part end
4. Pass the standing part end
5. Tighten the knot

INSTRUCTOR NOTE: It is recommended that a student who can correctly tie the knot using a different technique than that taught in this lesson be allowed to do so.

- 1a. If unequal rope sizes form in the larger rope
 - b. 6" from running part end
- 2a. Up through the bight
- 3a. While holding the bight parallel to the ground in one hand
 - b. Over, behind and around both legs of the bight
 - c. Between the hand holding the bight and the running part of the rope
- 4a. Under its own standing part over both legs of the bight
- 5a. Pulling the running part and standing part of each rope in opposite directions

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HOW TO TIE A BECKET
BEND (SHEET BEND)

APPLICATION:

Student to practice until proficient.

EVALUATION:

A performance examination.

ASSIGNMENT:

To be determined by instructor(s).

POINTS

INSTRUCTOR NOTE: It is recommended that a student who can correctly tie the knot using a different technique than that taught in this lesson be allowed to do so.

TIME START

- | | | |
|----|--|-----------|
| 1. | Form a bight in the rope approximately six inches from the running part end | <u>20</u> |
| 2. | While holding the bight parallel to the ground, pass the standing part end up through the bight | <u>20</u> |
| 3. | Pass the standing part end over, behind and around both legs of the bight | <u>20</u> |
| 4. | Pass the standing part end under its own standing part and over both legs of the bight | <u>20</u> |
| 5. | Tighten the knot by simultaneously pulling the running part end and the standing part end in opposite directions | <u>20</u> |

TIME STOP

ENTER TOTAL TIME: _____:

POINTS POSSIBLE: 100

POINTS DEDUCTED:

FINAL SCORE:

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:
