



Fire Protection Training

Procedures Handbook 4300

ROPES & KNOTS

TOPIC: How To Tie A Figure Eight Follow Through Knot

TIME FRAME: 10 Minutes

LEVEL OF INSTRUCTION:

BEHAVIORAL OBJECTIVE:

Condition: One piece of rope for each student.

Behavior: The student will tie a figure eight follow through knot.

Standard: With a minimum of 100% accuracy within 40 seconds

MATERIALS NEEDED:

- One piece of rope per student
- Clipboard
- 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.

The figure eight follow through knot is particularly good for joining two sections of rope together and for special rescue applications.



Fire Protection Training

Procedures Handbook 4300

HOW TO TIE A FIGURE EIGHT
FOLLOW THROUGH KNOT

OPERATIONS

KEY POINTS

1. Grasp rope
2. Form a bight
3. Form a loop
4. Pass the running part end
5. Leave the figure eight knot loose
6. Align ends of rope
7. Trace the previously tied figure eight knot
8. Tighten figure eight follow through 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. With working hand
- b. At running part end
- 2a. With rope
- b. 2' from running part end
- c. Running part of bight must be to the left
- d. Closed end of the bight pointing up
- 3a. Twisting bight
- b. 360o
- c. To the right
- 4a. Without releasing the running part or standing part
- b. Behind and through the loop
- c. Towards the firefighter
- 6a. Standing part end to running part end or running part end of rope #2 to running part end of rope #1
- 7a. In reverse direction
- b. Beginning where the running part end of rope #1 exited the figure eight knot
- c. Continuing until the running part end of rope #2 exits the figure eight knot at the standing part of rope #1
- 8a. Simultaneously pulling the segments of rope at each end of the figure eight knots in opposite directions

4319.8

Page 2



Fire Protection Training

Procedures Handbook 4300

HOW TO TIE A FIGURE EIGHT
FOLLOW THROUGH KNOT

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. Grasp the rope with working hand at the running part end 10
2. Form a bight 2' from the running part end with the running part as the left leg of the bight and the closed end of the bight pointed upwards 10
3. Form a loop by twisting the loop 360o to the right 20
4. Without releasing the running part or standing part pass the running part end behind and through the loop towards the student leaving the knot loose 20
5. Align the ends of the ropes to be used either the standing and running parts ends of a single rope or the running part ends of two ropes 10
6. Trace in reverse the previously tied figure eight knot beginning where the running part end exits the knot and ending where the standing part enters the previously tied knot 20
7. Tighten knot by simultaneously pulling the running parts and the standing parts in opposite directions. 10

TIME STOP

ENTER TOTAL TIME: :

POINTS POSSIBLE: 100

POINTS DEDUCTED:

FINAL SCORE:

4319.8

Page 1

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:

