



Fire Protection Training

Procedures Handbook 4300

HOSE

TOPIC: How To Tie A Figure Eight Knot On A Bight

TIME FRAME: 20 Minutes

LEVEL OF INSTRUCTION:

BEHAVIORAL OBJECTIVE:

Condition: One piece of rope per student

Behavior: The student will tie a figure eight knot on a bight.

Standard: With a minimum of 100% accuracy within 30 seconds

MATERIALS NEEDED:

- Rope
- 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 used primarily as a rescue knot.



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HOW TO TIE A FIGURE EIGHT
KNOT ON A BIGHT

OPERATIONS

KEY POINTS

1. Form a bight
2. Grasp bight
3. Release closed end of bight
4. Grasp rope
5. Form a loop
6. Pass original bight

7. Tighten 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. Each leg 4' long
- b. Closed end up end
- 2a. With either hand
- b. 2' from closed end of bight

- 4a. At midpoint of all four legs
- b. With running part end on right
- 5a. Twisting newly formed bight
- b. 360o c. To the right
- 6a. Without releasing running part or standing part
- b. Behind
- c. Through the loop
- d. Towards the firefighter
- 7a. Simultaneously
- b. Pulling running part and standing part
- c. In opposite directions



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HOW TO TIE A FIGURE EIGHT
KNOT ON A BIGHT

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 with each leg four feet long and the closed end of the bight up | <u>15</u> |
| 2. | Grasp the bight with either hand at the midpoint of both legs with the running part end on the right | <u>15</u> |
| 3. | Allow the closed end of the bight to fall by releasing the hand holding the bight up | <u>10</u> |
| 4. | Form a loop by twisting the newly formed bight 360o to the right | <u>20</u> |
| 5. | Without releasing either hand pass the original bight behind and through the loop towards the firefighter | <u>20</u> |
| 6. | Tighten the knot by simultaneously pulling the running part end and the standing part in opposite directions | <u>20</u> |

TIME STOP

ENTER TOTAL TIME: _____:

POINTS POSSIBLE: 100

POINTS DEDUCTED:

FINAL SCORE:

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:
