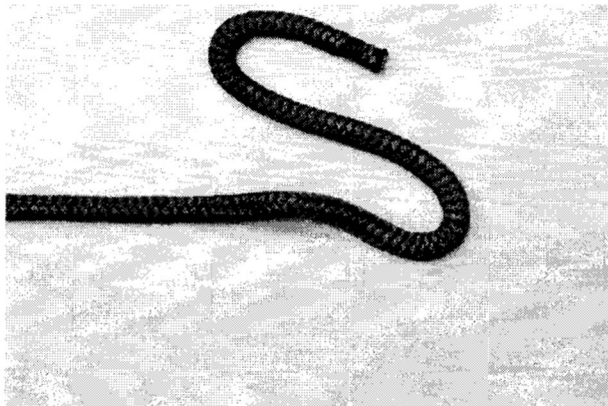


Review: Knots – use the pictures below to assist in tying knots. If easier, go to www.animatedknots.com to see a video tutorial. Also refer to Jones and Bartlett *Fundamentals of Firefighting Skills*.

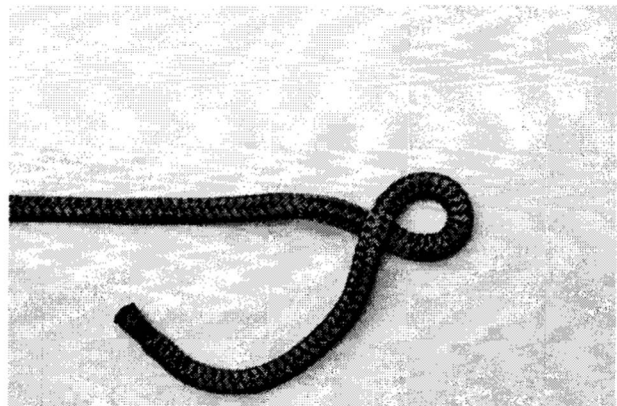
Figure 8 Knot – The figure 8 knot is the foundation of all knots in the figure 8 family. This knot is used as a stopper knot to prevent rope from going through a piece of rescue hardware. Most of the other figure 8 knots are built using this simple knot.

Pass the tail over itself to form a loop. Continue under and around the standing end. Complete the knot by passing the tail down through the loop

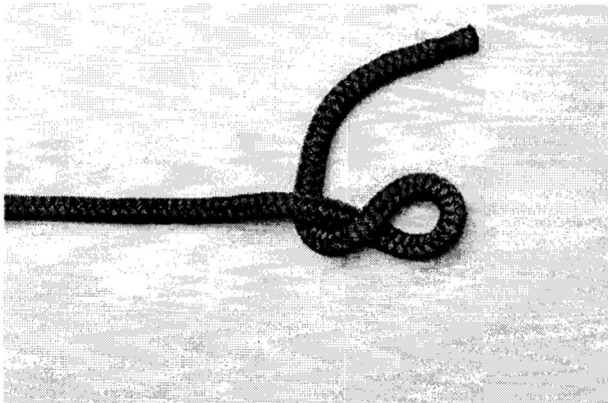
1



2



3



4

