

The Handcuff Knot

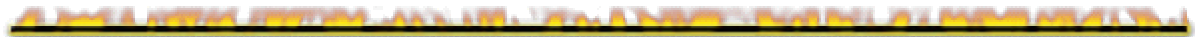


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Step 1: Form two loops in the middle of the rope, as if to make a slipover hitch. Place the right loop over the left loop.

Step 2: Pull the left side of the right loop down through the left loop while pulling the right side of the left loop up through the right loop.

Step 3: Place the two loops you have created in Step 1 around the victim's wrists. Pull the slack out of the knot.



Practice tying the handcuff knot. This is essential to firefighter self-survival and a basic RIT skill.

Apply the knot to yourself and a partner to simulate rescue procedures.

Practice tying multiple handcuff knots on two lines.