

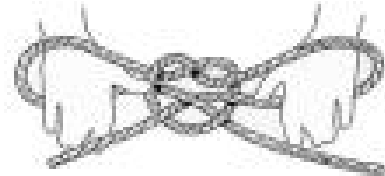
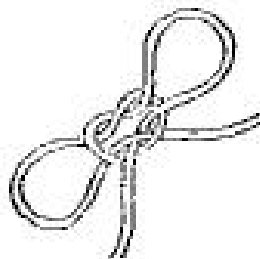
Handcuff Knot

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Task

(Minimum Standard)
Tie handcuff knot in a rope in 10 seconds or less.

(Highly Skilled Level)
Tie handcuff knot in a rope while blindfolded or with eyes closed in 15 seconds or less.



Skill Tips

- Bring two round turns through each other to complete the knot
- Make sure the loops are large enough to place over a turnout coat or boots
 - Control the lifting ends of the rope at all times

Application

The handcuff knot is designed as a self or RIT rescue knot to hoist members in distress from below grade areas. It can be tied by one person and lowered into a hole or applied in a line during a rescue attempt.

Competency

The handcuff knot is used for below grade or surface self and downed person rescue. Practice tying this knot in gear, with gloves as you would use it in a real rescue situation.

