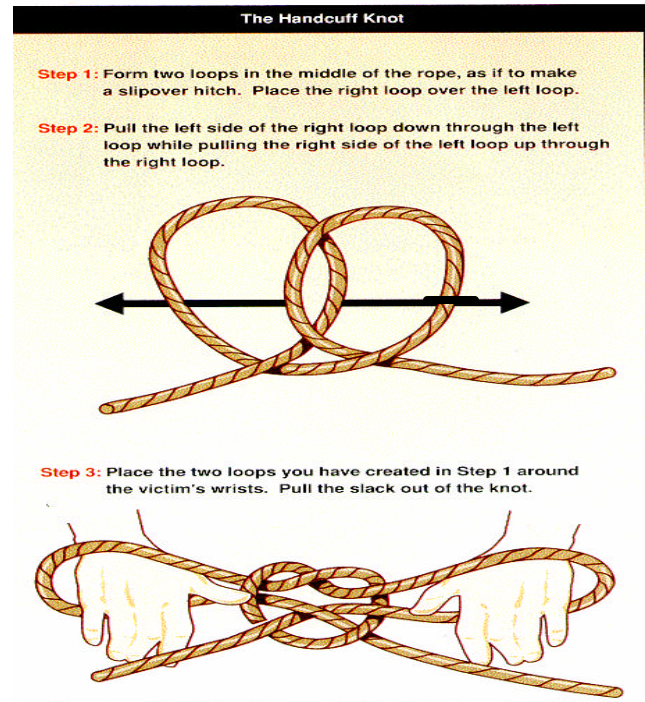


### The Handcuff Knot



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.