



PEA RIDGE FIRE DEPARTMENT

CORE COMPETENCY DRILL



Technical Rescue Support—Figure 8 Family

DESCRIPTION AND EXPECTED PERFORMANCE: Each member shall be able to efficiently demonstrate how to tie the different members of the figure 8 family.

Length: 2 HOURS

REFERENCE: NFPA 1001 and 1021 Standards. Firefighting Essentials, current ed. IFSTA. PRFD SOPs and Guidelines related to rope rescue.

Equipment, Props, Information or Other Resources Needed: Gloves, Rope, Carabiners, and a rope tying guide. CMC Field Guide App.

INSTRUCTIONS FOR THIS CORE COMPETENCY DRILL

- Figure 8 Family of Knots
1. Figure 8 Skeleton
 2. Figure 8 Bend
 3. Figure 8 on a Bite
 4. Figure 8 Follow Through
 5. Double Figure 8

Tying Knots is a
Deteriorating Skill!
If You Don't Use It,
You will Lose it!



Figure 8 Family of Knots - YouTube

<https://youtu.be/3d-C80lgUM8?si=IPAxD4CRXl1bApmu>



Figure 8 Follow-Through Loop
This is the same knot as the Figure 8 on a Bight, but tied around an object to set up an anchor. It is also the knot climbers use to tie into their harness.

Double-Loop Figure 8
Used when you want two loops in the end of the rope.

29 **KNOTS** Figure 8 Follow-Through Loop Double-Loop Figure 8

Figure 8
This is the basic knot for the Figure 8 family and also a good stopper knot for the end of a rope.

Figure 8 on a Bight
We use the Figure 8 family of knots for making loops to anchor the end of the rope and for connecting rescue rope together. The Figure 8 on a Bight creates a loop for connecting a carabiner to the rope.

NOTE: The Figure 8 knots should have 6 in (15 cm) of tail remaining after the knot is tied and pulled snug.

Figure 8 Bend
Sometimes called a Figure 8 Follow-Through, the Figure 8 Bend is used to tie two ropes together. It is a self-locking knot and the large bends make it easier to untie after the rope has been loaded than other knots. Our recent testing of this knot showed a much lower efficiency than earlier tests.

NOTE: The Figure 8 Bend should have 6 in (15 cm) of tail remaining after the knot is tied and pulled snug.