

ROPES AND KNOTS

THE PRUSIK KNOT

April 2009

RESCUE TRAINING

Rescue Daily Quick Drills
- Easy Access to Training
Topics

Demonstrate Tying The Prusik Knot

References:

**IFSTA Fire Service Search
and Rescue**, 7th Edition,
pages 128 – 132

NFPA 1001, 2008 JPRs
5.1.2
NFPA 1006, 2008 JPRs
5.5.1

1. Explain that the Prusik is a slide and grip knot. It is useful for a load being pulled in either direction.
2. Point out that the Prusik has many uses including:
 - a) Climbing
 - b) Anchors
 - c) Back-up lines
3. Demonstrate tying a Prusik knot.

