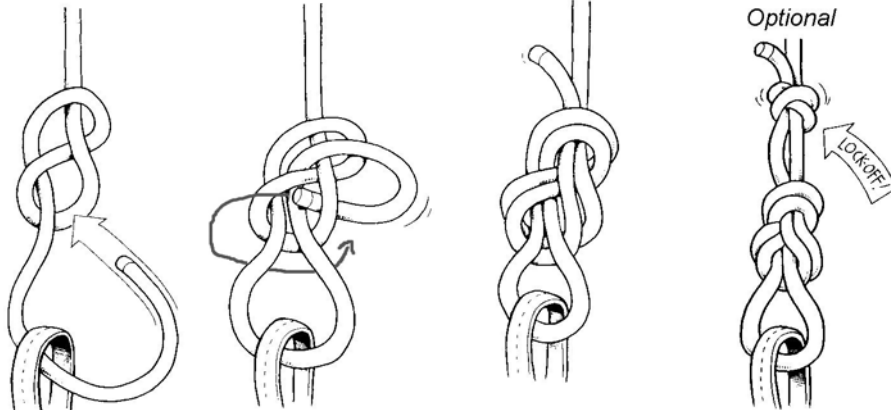


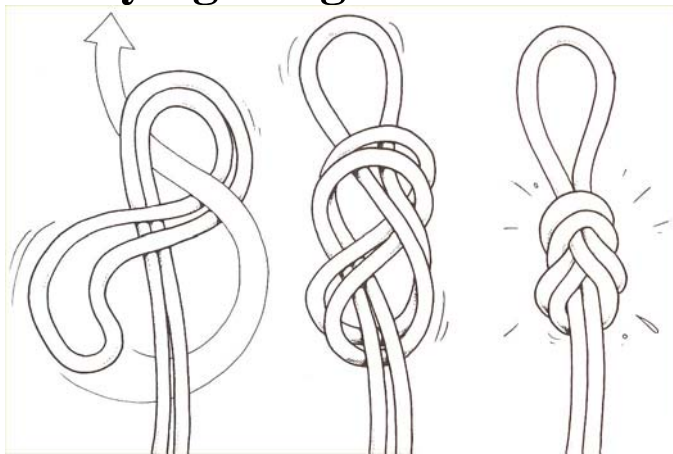


Tying a Figure 8 Follow Through



This is the standard knot used to tie into a harness. Be sure to dress the knot so that all strands of rope are flat and parallel, not crossed; to insure maximum knot strength.

Tying a Figure 8 on a Bite



This is the standard knot used to attach a rope to a harness or anchor system using a carabiner. Be sure to dress the knot so that all strands of rope are flat and parallel, not crossed; to insure maximum knot strength.

A Properly Tied Figure 8



Please refer to a qualified instructor before tying knots in any life safety line.