

TRAINING SESSION OUTLINE

17 APR 77

BRMG - YORKE BROWN, INSTRUCTOR

I. Rope Handling

A) Introduction

- 1) Rope care
- 2) Stacking
- 3) Speed Coil
- 4) Mountaineer's Coil (including tie-off)
- 5) Lap Coil

B) Knots

- 1) Strength and tying practices
- 2) Bowline
- 3) Bowline-on-a-coil
- 4) Figure-8 loop
- 5) Butterfly
- 6) Water Knot
- 7) Prusik
- 8) RBS Knot

II. Anchorage

A) Materials

- 1) Carabiners
 - a) Construction
 - b) Strength
 - c) Use
- 2) Runners
 - a) Single length
 - b) Double length
 - c) Standard Semi-Tech Evac Anchor

B) Anchors

- 1) Runner
- 2) Doubled Runner
- 3) Girth Hitch
- 4) Tree Wrap
 - a) End of rope
 - b) Middle of rope (stu'ns'l's tack bend)

III. Litter Loading

A) Loading

- 1) Log-Roll and lift
- 2) Blanket lift
- 3) Sliding litter under patient
- 4) Placing patient in litter

B) Packaging

- 1) Patient tie-ins
- 2) Foot tie-in
- 3) Crotch straps
- 4) Securing Head
- 5) Securing Hands