

## DIAPER HARNESS AND KLEMHEIST KNOT for ROPE SELF RESCUE

View instructions and material list (insert live link here.) YOU are responsible to familiarize yourselves with these skills. The leader will bring the rope. All help carry it!

**Gear:** 7mm x 30 meter Static Line; 5mm x 5 foot Perlon; One locking Biner; 12 feet of 1 inch Webbing. Tie the webbing and Carabiner into a diaper harness. Use the rope to form a loop tied with a Klemheist loop.

The following web links demonstrate the construction. **1. Water knot & diaper harness**

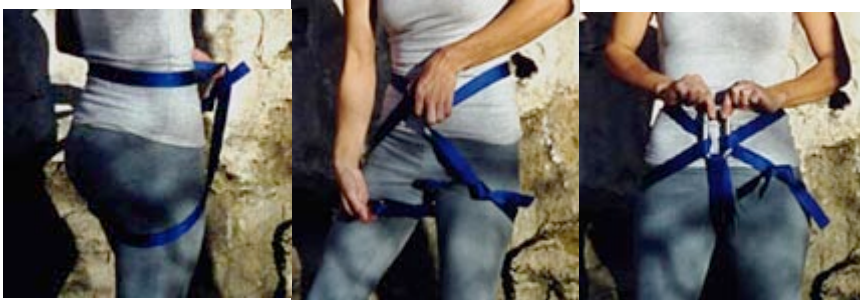
<http://www.animatedknots.com/waterknot/index.php?LogoImage=LogoGrog.jpg&Website=www.animatedknots.com>

**2. Double fisherman's knot**

<http://www.animatedknots.com/doublefishermans/index.php?LogoImage=LogoGrog.jpg&Website=www.animatedknots.com>

**3. Klemheist knot**

<http://www.animatedknots.com/klemheist/index.php?LogoImage=LogoGrog.jpg&Website=www.animatedknots.com>



Clip the carabiner to this Klemheist loop that is tied to the rescue rope. After you are clipped into the rope, the Klemheist will grab and hold you if you fall.

To slacken the rope, place your hand above the loops and pull toward you. Take your hands off of the rope and down climb as usual. Do not grab the rope above the loop if you fall, as it will slip loose.

Please review the section on selecting rope anchors in Freedom to safely secure the rope that will be holding you. A SECURELY ANCHORED ROPE IS ABSOLUTELY ESSENTIAL.