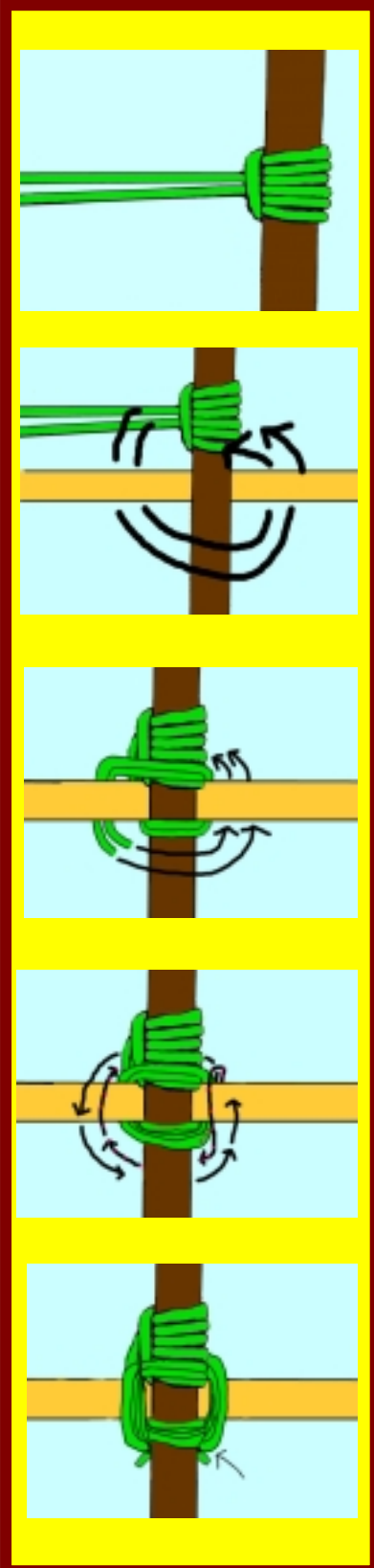


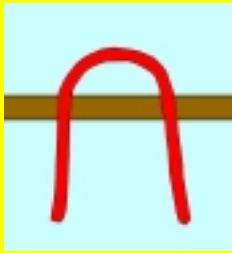
Prussick Square Lashing



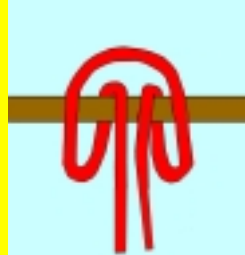
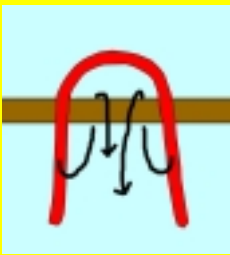
1. Begin with a Prussick knot on the spar. Use at least three wraps, shown here. If the pole is really slippery use more.
2. Wrap the two ends under and over, around the spars as shown. The Prussick knot is placed above the spar which is bearing weight.
3. Do a second wrap around.
4. Do three frapping turns. This is done by separating the two ends. They are taken in opposite directions as shown. This is an important stage as the frapping turns tighten the lashing by pulling the wraps tightly into the lashing.
5. Finish off the lashing with a modified Surgeons knot. This should be on the opposite side to the prussick knot. You will need to wriggle it in to make it secure.

Prussick Knot

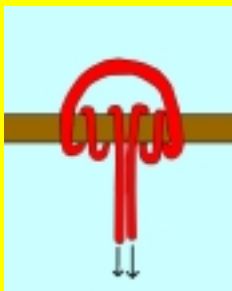
A hitch used to secure synthetic rope to a spar – especially a very smooth one.



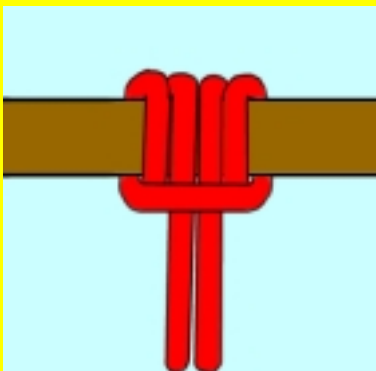
Begin in the middle of the rope.
Make a loop and hold it as shown.



Pass the ends of the rope
around the spar and through
the loop as shown.



Pass the ends round and through the
loop again. You could do this three
or more time for even better
traction.



When you pull the hitch tight it will
look like this.

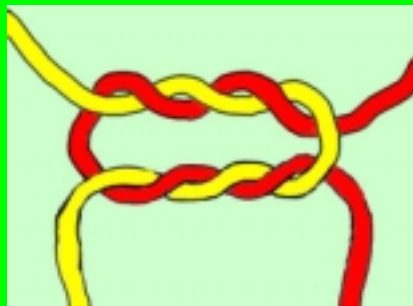
This will secure synthetic ropes so
that they won't slip along a very
smooth spar.

You can use it instead of a clove
hitch at the beginning of a lashing.

Surgeons Knot

A flat knot used to tie two ends of a synthetic rope or line.

Uses: More secure form of Reef Knot.



1. Take one end in each hand.

2. Put the left over the right then tuck it under and then under again.

3. Then put the right over the left and under.

To do the modified Surgeons knot change the third step.

3a) Put the right over the left and tuck it under. Tuck it under again.