



# Flat knot



**i**

The flat knot does not pinch, it tightens when under load, and it can be opened more easily by briefly pressing the two opposite fabric ropes against one another.

The flat knot can be used for each carrying method as a closing knot. It shows the following advantage in regard to a classical double knot: As its name suggest, this knot is lying particularly flat thus offering a significantly more comfortable carrying feeling, e.g. in case of thicker sling fabrics. Moreover, it holds reliably and can be reopened easily.



**1**

Place the sling across your shoulders and grab a fabric rope each.



**2**

Tie a knot in front of your stomach. In our example, the red rope leaves the knot from below and the green rope comes from above. Rule of the thumb: What is above stays above and what is below stays below.



**3**

The lower rope is guided below the upper rope and held tightly.



4

The free hand takes the loop produced from above and pulls the upper rope back upwards.



5

Tighten the knot



6

until it looks like this.



7

Push the ropes against each other **in order to reopen the flat knot.**



8

The knot will now come loose



9

and you can reopen it easily. •