

FF Self-Survival Practical

Discussion

As a company, discuss and **demonstrate** the following firefighter self-survival skills. Each of these skills are lessons learned from fire service tragedies that have claimed firefighters lives. Every member must know these skills and become proficient in them for their entire career.

Self-Survival Skill #1 Tie a Bowline Knot

Use: For rescue of ff trapped below grade or for lowering of rescuers.

Skill: Tie knot around self using one-hand. Tie knot in 15 sec. or less.

Self-Survival Skill #2 Tie a Handcuff Knot

Use: For rescue of ff trapped below grade or for lowering of rescuers.

Skill: Tie knot in line and apply to another ff or rescue dummy. Tie knot in 15 sec. or less.

Self-Survival Skill #3 Call MAYDAY & Activate PASS

Use: For situations requiring the immediate activation of RIT to a firefighter who is in distress.

Skill: Identify conditions that require the use of MAYDAY terminology. Simulate MAYDAY call while wearing SCBA & FPG and activate PASS. Reset the PASS after alarm.

Self-Survival Skill #4 Don/Doff SCBA

Use: Basic skill used in many fireground applications. Low profiling allows for quick escape from hostile environment.

Skill: Don SCBA in 60 sec. or less and crawl on ground 15-20'. Doff SCBA and crawl under apparatus or other low profile simulator. Re-Don SCBA without breaking facepiece seal.

Self-Survival Skill #5 Wall Breach

Use: Escape from hostile conditions into safe haven.

Skill: Using simulator, breach drywall sheet and pass through wall studs into safe haven area.

Note: This skill should be discussed and may be demonstrated with department simulators or in acquired structures.

Self-Survival Skill #6 Perform Buddy-Breathing

Use: Used when SCBA is low and escape time is beyond bottle capacity.

Skill: 2 ff will demonstrate the use of quick-fill type systems and demonstrate quick escape from building.

Self-Survival Skill #7 Follow Coupling to Exit

Use: To orientate ff to direction of exit when a coupling is located.

Skill: In SCBA with facepiece darkened, locate coupling and identify the correct direction to follow towards exit.

Self-Survival Skill #8 Conserve Air

Use: To extend the amount of available air in scba cylinder.

Skill: Practice skip breathing and low pressure breathing skills. Demonstrate out of air procedure removing regulator and pulling hood over hole.

Self-Survival Skill #9 & 10 Quick Escapes & Bailouts

Use: To escape hostile environment.

Skill: Identify the types of slides, bailouts, hangs or protect in place skills necessary to escape deteriorating conditions.