1. Identify and demonstrate the appropriate uses of cribbing using:
   a. Dimension lumber (2 x 4, 4 x 4, wedges)
   b. Step chocks
   c. Ladder cribbing

2. Identify and demonstrate the appropriate uses of air lifting bags with an appropriate air supply

3. Demonstrate the ability to stabilize a vehicle during and extrication/rescue operation using:
   a. Cribbing
   b. Innovative stabilization

4. Stabilize a vehicle from vertical movement using box cribbing
   a. Place interlacing pieces of dimension lumber at the rear of both front and rear tires
   b. Do not push cribbing under vehicle with your hands
      - use other pieces of cribbing to push under car frame
   c. Stack up to bottom of frame, use wedges to provide maximum contact
   d. Release pressure from tires to bring frame to rest on crib

5. Stabilize a vehicle from vertical movement using step chocks
   a. Place step chocks at rear of front tire and front of rear tires
      - box cribbing may be placed under step chock to reduce distance
      - at times the vehicle might have to be lifted slightly to get best bite

6. Stabilize a vehicle from vertical movement using air bags and cribbing systems
   a. Place a platform between ground and bag and bag and car
   b. Inflate bag until vehicle is stabilized
      - release pressure on bag until frame rests on cribbing frame

7. Stabilize an overturned vehicle and a vehicle on its side using any combination of the above methods and other innovative stabilization methods.

8. Inspect, service and return all equipment to in-service condition.