Morris County Public Safety Training Academy

Safety & Survival / RIC Station Proficiencies

The below descriptions of practical stations are provided to the candidates to allow for advanced knowledge of what will be expected of them during the course of the Weekend.

►Station: Pittsburg Drill

Background: The Pittsburg drill was developed to hone RIC skills and to invoke thought in the rescuers to utilize a variety of methods to accomplish their goal.

Component: Team

Drill: Team members will enter the drill area through a 16" x 16" opening in a wall. Following a hoseline the team will make its way through a 25' long 36"diameter corrugated pipe. Once the team has exited the pipe two members will cross a 4' wall. On the other side of the wall the firefighters will locate the downed victim. The rescuers will prepare the downed victim by converting the SCBA to a harness and utilizing a variety of tools to drag the victim back to the wall, and prepare to lift and pass the victim off to rescuers on the other side of the wall. The victim will then be prepared utilizing a handcuff knot to be brought back through the pipe. Once through the pipe the victim will be moved to and through the wall opening.

Critique: The rescue team will be evaluated on their techniques to transverse the obstacles that they encounter. Members will be evaluated on their physical ability to complete the assigned tasks. They will also be evaluated on their use of tools and the skills necessary to package and remove the downed victim.

►Station: Denver Drill & Below Window Operations

Background: The Denver Drill was developed in response to the inability of rescuers to remove a downed firefighter from a building. The space where the firefighter was trapped was exceptionally cramped and he lay below a window sill. Despite all best efforts the firefighter was not successfully rescued. Members of the Denver Fire Department looked at various ways to facilitate the rescue and the Denver Drill was born.

In similar fashion a number of events spurred the need for techniques to remove downed firefighters from below window height, such as in

basements or areas with high window sills. In order to do this techniques utilizing pike poles, ladders and similar tools to facilitate rescue.

Component: Team

Drill: During the Denver Drill the downed0 victim will be placed in the Denver Box simulating the exact conditions faced that night. One rescuer will enter the window, locate and position the victim to their back. Once in that location the SCBA will be converted to a harness and the victim will be brought to a seated position allowing room for the second rescuer to enter the space. The victim will then be brought up to the second rescuers knees and in a team effort the victim will be lifted to the sill and handed off to outside rescuers. Once the victim has been removed the rescuers will exit the window.

Members will also utilize a 6' steel hook to facilitate a rescue. Both rescuers will work to first convert the victim's SCBA to a harness. From there the victim will be moved face down to the wall below the window sill. The victims legs will be bent so that the feet are almost to the buttocks and then crossed. The 6' hook will be slid under the victim just above the nipple line. Rescuers will then each take hold of one foot each and the 6' hook and lift the victim to the window sill, passing the victim to waiting rescuers outside.

Members in the third phase of this drill will utilize a folding attic ladder to affect the rescue of a downed victim. The victim will have their SCBA converted to a harness and will be rolled on their side. The ladder will be placed in such a position to allow the victim to be rolled onto the ladder. Once the victim is on the ladder the rescuers will lift the ladder to the sill to move the victim to a location where outside rescuers

Critique: The rescue team will be evaluated on their techniques and the team members' physical ability to complete the tasks. They will also be evaluated on their use of tools and the skills necessary to package and remove the downed victim.

►Station: <u>Wall Breach</u>

Background: Firefighters paths for egress are sometimes much more complex than desired. Situations may arise where a firefighter must quickly exit one area to find a place of egress and/or refuge. In order to facilitate this task breaching a wall may be necessary. Members must realize the implications of construction and utilities concerning the wall, as well as safe and preferred methods for breaching. The Academy's wall breach

area provides the necessary diversity to accomplish these tasks.

Component: Individual

Drill: Members with a blacked-out mask will approach the wall breach prop on hands and knees. The member will size up the area to be breached and shall position themselves to complete the breach utilizing a 'donkey' kick. Once an area has been cleared and a sufficient opening has been achieved, the member will proceed through keeping their SCBA in place. From there they will pass through the wall again returning to their starting position. Their next two passes through the wall will be accomplished by removing their SCBA and passing it through the wall first in proper fashion and re-donning the SCBA then again removing the SCBA and passing back through the wall and re-donning the SCBA again. A total of four passes will be made through the wall.

Critique: The member will be evaluated on their techniques and physical ability to complete the tasks. They will also be evaluated on their use of tools and the skills necessary in safely removing themselves from a hostile atmosphere.

►Station: Emergency Window Egress

Background: When conditions in upper floors go bad, sometimes bailing out is the only option. A firefighter's ability to exit an upper floor as quickly as possible, and in a safe manner, and to allow for teams members to do so quickly behind him or her, could mean the difference between life and injury or death. Firefighters need to know how to position themselves out of harms way until a ladder is brought into place, and also to evacuate head-first down a ladder properly and safely.

Component: Individual

Drill: Members first will be taught how to hang out of a window to await rescue while minimizing their changes of being injured. In this effort a member will be taught how to first straddle a window sill, and then to move themselves out and even with the sill to minimize exposure to heat and the products of combustion.

Members will then be brought to an upper floor and taught how to descend a ladder placed at a 45° angle, taking 'baby-steps' in this process, first lowering themselves and eventually exiting turning and sliding down the ladder. Members will do this drill both with and without an SCBA.

Critique: The member will be evaluated on their techniques and physical ability to complete the tasks.

►Station: Ropes, Knots, and Drags

Background: Knowledge of fire service knots, and how to effective tie and utilize them, is an essential skill for the RIC team member. RIC members may be called upon to improvise a harness or drag device to remove a fellow firefighter from harm.

Component: Individual

Drill: Individuals will be given a refresher on several fire service knots as well as the proper use of tubular webbing. They will then be instructed on how to make various harnesses and drag devices.

Critique: Individuals will be evaluated on their ability to successfully tie and package a downed firefighter and remove them from harm.

►Station: Mask Confidence Course

Background: One key aspect of firefighter safety and survival is being comfortable in your full SCBA in stressful and hazardous environments and to know what to do when you get into trouble. The mask course is designed to expose the firefighter to stressful environments in order to gain confidence in SCBA use and proper use of a MAYDAY.

Component: Individual

Drill: Individuals will have their vision obscured and then be directed to complete an obstacle course. Obstacles may include entanglement issues, confined space and void space areas, and potential collapse hazards.

Critique: Individuals will be evaluated on their ability to successfully remain calm and negotiate through the course. All students are required to complete the course without removing their SCBA face piece.

►Station: Hot Cylinder Exchange

Background: RIC team members may be called to assist firefighters with SCBA issues, or the firefighters themselves may have SCBA issues, including running out of oxygen, therefore firefighters need to know how to exchange

oxygen cylinders, and other SCBA pieces, in an IDLH environment.

Component: Individual

Drill: Individuals will be instructed on the proper process to swap oxygen cylinders and then perform a hot bottle swap in a variety of environments including a smoke and flame filled structure.

Critique: Individuals will be evaluated on their physical ability to complete the assigned tasks involved in swapping cylinders. Individuals must complete the evolution without removing their SCBA face piece.

►Station: Hose Orientation

Background: Firefighters frequently operate in hostile environments that often include reduced visibility. It is important that firefighters understand the way to orient themselves and evacuate a building in reduced visibility.

Component: Team

Drill: Teams will have their SCBA face pieces blacked-out and led into a structure. Members will be purposefully disoriented and then situated on a hose line. Members will then be instructed to evacuate the structure.

Critique: Teams will be evaluated on their ability to properly communicate and evacuate a structure.

►Station: Room Orientation

Background: Fire scenes are a loud and chaotic environment with many distractions, both visual and auditory. Firefighters must maintain good situational awareness including knowledge of where they are in a structure and how to get out as efficiently as possible if conditions rapidly deteriorate.

Component: Individual

Drill: Individuals will be blindfolded and led into a structure. They will then be disoriented and instructed to conduct a primary search until directed to evacuate the structure.

Critique: Individuals will be evaluated on their ability to conduct a primary search while disoriented, to correctly identify where they are in the structure, and to successfully evacuate when told.

►Station: Stair Maneuvering – Up/Down

Background: Moving injured or unconscious firefighters up or down stairs can be a difficult operation. Knowing the proper way to lift and move an unconscious firefighter can make this task much easier.

Component: Team

Drill: Teams will be instructed on the various lifts and drags needed to move a firefighter on a set of stairs. Teams will then perform the operations, with each student taking part in each role of the evolution.

Critique: Teams will be evaluated on their ability to successfully move a firefighter up and down a set of stairs using the lifts they have been taught.

►Station: Ladders / Above Grade Rescue

Background: Firefighters may be called upon to remove individuals from floors, or windows, above ground level. Knowledge of the ladder, technical, and rope skills needed to safely remove these individuals is essential.

Component: Team

Drill: Teams will be instructed on the proper placement and use of ladders for an above grade rescue, as well as the use of rope and mechanical advantages. Teams will then remove a patient from the window using a combination of techniques they learned in below grade rescue (from the interior) and this drill.

Critique: Teams will be evaluated on their physical ability to complete the assigned tasks for this station, including setting up ladders and removing a patient from an above grade location.