

APPENDIX G

FGS POSTER BOARDS FOR SKILLS TRAINING



Attaches directly to the IAFF FGS Upper Floor Egress Prop



Attaches to provided sign holder



APPENDIX G

FGS POSTER BOARDS FOR SKILLS TRAINING



UPPER FLOOR EXIT LADDER ESCAPE



January 23, 2005

- Two fire fighters died, and four were injured when they were forced to exit through the fourth floor windows

Escape Steps

- Mayday – Mayday – Mayday
- GRAB LIVES**
- Locate the window
- Clear window of potential hazards




Rapid Head First Escape

- Good for narrow windows
- Keep legs/feet together
- Do not wrap thumbs around rungs
- Hook feet on rungs to control speed




Low Profile (Hook 2, Grab 4) Escape

- First arm out between 1st and 2nd rungs
- Keep palm up
- Second arm down ladder beam
- Grasp 4th rung with palm down
- “Hook 2, Grab 4”
- Rotate and swing body along the beam




Breathe – Organize – Act Mayday – Mayday – Mayday GRAB LIVES
Who? What? Where?

Attaches to provided sign holder





SCBA FAMILIARIZATION



December 16, 2003

- Fire Fighter killed in a furniture warehouse
- Found with:
 - Working radio
 - Face piece removed
 - 900psi remaining in his SCBA

Self Contained Breathing Apparatus

- Daily Inspection
- Using Structural Gloves
- Malfunctions
- Know your neighbors
- Orientation and donning



Four-Part Drill

- Finding a downed fire fighter
- Manipulating the SCBA
- Calling a Mayday
- Making your way out of the structure

Drill Steps

- Locate your SCBA - Listen and move
- Silence your pass
- Go on air
- Put your pack on make sure all straps and buckles are connected
- Call your MAYDAY
- Egress out of structure







Breathe - Organize - Act Mayday - Mayday - Mayday GRAB LIVES
Who? What? Where?

Attaches to provided sign holder



APPENDIX G

FGS POSTER BOARDS FOR SKILLS TRAINING

BACKGROUND – Learn From the Experts







Figure 2
While the number of structure fires and deaths
all structure fires has dropped, the rate of firefighter deaths
of structure fires has not dropped as much.

Although the number of structure fires have dropped considerably over the past 30 years,
the rate of fire fighter deaths have not dropped as much. This means we are killing
fire fighters at a greater rate than the decrease in fires nationwide.

On preparing for survival, Laurence Gonzales states:
"Commune with the dead...
read the accident reports in
your chosen field."





Access the NIOSH website at <http://www.cdc.gov/niosh/fire/>

On preparing for survival, Laurence Gonzales states:
"There are things you can't control, so you'd better know how
you're going to react to them.....you'd better have a plan"
"...there are also the things you can control, and you better be
controlling them all the time."

Posted in the
classroom

CHAPTER 1 – Preventing the Mayday

Pre-Planning... Know the construction of the buildings in your district.
Knowing the hazards in advance can prevent a Mayday.

Conventional → **Protected**
Lightweight → **Unprotected**
DANGER

- Most importantly, the pre-plan can provide clues to where and when a building may fail
- DO NOT enter derelict and abandoned buildings.


Size-Up... Completed on all incidents en route, at scene, and inside. Consists of the following components:

- Construction
- Location and Extent
- Read Smoke: Volume, Velocity, Color, and Density
- Occupancy
- Life Hazard

360 view – self or assign

The Decision to Enter...
Follow policy and procedures:


- Crew continuity
- Positioning of fire fighters on hose line, or search lines (most experienced FF/Officer positioned to make decisions)
- Air management – fitness and experience?
- Protect egress



The Decision to Exit...
Fire fighters have less than a minute to make the decision to BACK OUT.



Items to consider:

- Synthetics rapidly release heat and smoke... FF's only have minutes to control the fire before flash over
- BTU's > GPM
- Structural compromise



Posted in the
classroom

CHAPTER 2 – Being Ready for the Mayday

Training... Once per year is not enough


- 2006 Sendelbach Mayday Study (160 participants) –
When lost in a building:
– 50% attempted radio contact
– < 40% activated PASS
– < 10% used E-trigger, made noise with tool, signaled with flashlight, followed hose line
- NFA EFO Paper by Chief Robert Metzger found:
"Mayday skills deteriorate if not well maintained with an on-going training program.
Reviewing Mayday skills once per year is inadequate!"

Communications... being Mayday ready requires fire fighters, company officers, chief officers and dispatchers to be listening to their radios carefully being ready to receive the Mayday call.


Fire fighters must know how their Mayday transmission will be received when the PTT and/or the Emergency Activation Button (EAB) is used.

Safety Equipment...
Necessary to being Mayday ready.
Tools to consider:

- Personal escape system
- Hand tool (axe, haligan, etc.)
- Light (2)
- Search rope
- TIC



Accountability System...
NFPA 1561 requires an accountability system be established on every incident. IC's must be well trained in using the system. Practice for the real Mayday.



Posted in the
classroom

APPENDIX G

FGS POSTER BOARDS FOR SKILLS TRAINING

CHAPTER 3 – Self Survival Procedures

CALL THE MAYDAY! Don't wait. When feel you're in trouble...you are. Make the call.

IF	THEN
Lost or missing member	Call a Mayday
SCBA malfunction or large loss of air	Call a Mayday
Member seriously injured or incapacitated	Call a Mayday
Member trapped or entangled	Call a Mayday
Any life threatening condition that cannot be resolved in 30 seconds	Call a Mayday

Suppress Panic by:

Suppressing the PANIC Response

- **Breathe**
 - Controlled steady breathing
- **Organize**
 - Follow a plan with logical steps
- **Act**
 - Take action and perform steps in order

Self Survival Procedure

G auge	CHECK AIR GAUGE
R adio	RADIO FOR ASSISTANCE
A ctivate	ACTIVATE PASS
B reathing	CONSERVE AIR
L ow	STAY LOW
I lluminate	SHINE FLASHLIGHT
V olume (make noise)	MAKE A LOUD NOISE
E xit (find one)	FIND AN EXIT
S hield Airway	PROTECT AIRWAY

The predictable actions of a fire fighter performing GRAB LIVES improve survivability during a Mayday because the rescue team and IC know the actions the fire fighter is taking to attract the rescuers.

Posted in the classroom

Self Survival Procedures

Self Survival Procedure

G auge	CHECK AIR GAUGE
R adio	RADIO FOR ASSISTANCE
A ctivate	ACTIVATE PASS
B reathing	CONSERVE AIR
L ow	STAY LOW
I lluminate	SHINE FLASHLIGHT
V olume (make noise)	MAKE A LOUD NOISE
E xit (find one)	FIND AN EXIT
S hield Airway	PROTECT AIRWAY

Posted in the classroom



Posted 4 logos to be affixed to the IAFF FGS props as pictured below.