

# ***FIREFIGHTER SURVIVAL A NEW YEAR'S RESOLUTION***

Here's a partial list of firefighter survival skills that we have practiced over the past couple of years. Compare the list to those skills that you have personally practiced and are proficient at. Make it a New Year's resolution to get you, **and your crew**, through every one of these survival skills.

These skills aren't difficult, they're not time-consuming, and they're not for somebody else. These skills may save your life someday. In addition, make it a point to stay abreast of the new tips and techniques that are sure to be developed throughout the year. It's our job as firefighters to pass on any new tips or information that we come up with – ***that's part of firefighter survival.***

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| 5 second SCBA safety check                             | Donning SCBA for 60 second standard                  |
| Shift/Dump/Don SCBA from kneeling and laying positions | Air conservation techniques                          |
| Reduced profile  | Low profile  |
| Wall breaching   | Swim technique                                       |
| Knowing when it's time to call for help - MAYDAY       | Using hose coupling to indicate how to exit building |
| Cutting way out of entanglement                        | Tying handcuff knot                                  |
| Activating PASS device – gloves on                     | Daily SCBA inspection                                |
| Locating a wall and following it out                   | Emergency ladder escape                              |
| Basic search procedures                                | Using emergency distress button on radio             |
| Searching for an exit from building                    | Using quick fill                                     |
| Buddy breathing techniques                             | Tying a bowline around yourself                      |

***And the list goes on.....***