

# **FIREFIGHTER SURVIVAL /RIT SKILLS CHECKLIST**

**REVIEW THESE OFTEN – YOUR LIFE DEPENDS ON IT!**

## **SCBA**

- Daily inspection procedure
- 5 second safety check
- Donning for 60 second standard
- Shift/Dump/Don SCBA from kneeling and laying positions
- Air conservation techniques
  - Skip breathing
- Emergency breathing and buddy breathing
  - Use of by-pass
  - Use of Quik-fill attachment
  - Shared regulator
  - Shared facepiece
  - Use of plastic tubing – Kaminski method
- Toxic atmosphere SCBA cylinder changing
  - Changing your own cylinder
  - Changing a partner's cylinder

## **Self Survival Techniques**

- Reduced profile
- Low profile
- Wall breaching
- Swim technique
- Cutting way out of entanglement
- Rapid identification of doors or windows
- Basic search procedures
- Knots and hitches
  - Handcuff knot
  - Tying bowline around self (“1 handed bowline”)
  - Munter hitch
- Emergency escape
  - Ladder bail
  - Rope slide
  - Hose slide

**Lost/Trapped Firefighter Procedures**

- Calling for help – use of “MayDay” or “Emergency Traffic” signal
- Activating portable radio emergency button
- Switching to another radio channel
- Activating PASS device
- Using hose coupling to identify way out of building

**Firefighter Rescue**

- Assessing injured/trapped firefighter
- Drags
  - 1 person
  - 2 person – side by side
  - 2 person – one at each end
  - use of webbing or tool
- Lifting into window
  - legs first, face up
  - legs first, face down
  - head first, face down
  - Worcester method
- Ladder carries
  - Sorority carry
  - Knee method
  - Oklahoma method

**Check and maintain pocket tools – wire cutters, rope, wedges, etc.**