Firefighter Air Consumption Drill

Goal: The goal of this drill is to help first line firefighters learn and better the limitations of their personal air consumption while performing demanding tasks in a safe and controlled environment. In doing this drill, the firefighter will understand their limitations and help build their confidence in an emergency situation on the fireground.

Objective: The objective of this drill is to perform all of the tasks as many times as possible while on air. The firefighter will continue to perform these tasks until their PASS device sounds. Once the PASS device alarms, the firefighter will then go to the ground to simulate a downed firefighter emergency, breathing their bottle down until empty. This process will expose the individual's personal air demand when performing tasks and teach the firefighter to better control their breathing during an emergency situation.

Drill

The drill will consist of 5 stations and the process will be timed throughout. The firefighter will don all gear (no hood) prior to the time being started, and their airpack will be at capacity. The timer will begin once the firefighter clips in to air and takes their first breath.

Equipment Needed:
-Sledge Hammer
-Tire or Keiser Force Machine
-High Rise Pack
-1 50 foot Section of Rolled Hose
-1 Pulley or Redirect Device
-1 100 foot Length of Rope (50 foot length of rope if pulling from the top)
-1 Dummy or Drag Sled
-1 100 foot Section of 1¾" Charged Hose Line

Station 1:
The firefighter starts at the base of a set of stairs and shoulders the high rise pack. The firefighter will then climb 4 stories, depositing the pack near the standpipe or at the entrance to the "fire room". (Can simulate with a stair climbing machine)

Station 2:
The firefighter will then hoist a 50 foot section hose roll tied to a rope up to the "fire floor" (4th story), controlling the load and ensuring it does not slip out of their grasp. (can create a high point with a pulley to simulate pulling load to fire floor)

Station 3:
The firefighter will then proceed to the “forcible entry” station where they will either stand on a tire and drive the sledge hammer against the tire tread 10 times with power, or using a Keiser force machine, drive the weight from one end to the other.

Station 4:
The firefighter will then advance a 100 foot section of charged hose line to a designated area (fully extending the hose line), simulating advancement to the seat of the fire.

Station 5:
The firefighter will then perform a “victim rescue”, dragging the dummy (or weighted drag sled) 100 feet away from the seat of the fire.

PASS ALARM:
Repeat the stations without breaks until the firefighters PASS device goes off. Immediately after the device sounds, the firefighter will notify the supervisor and go to a designated area, where they will go to ground and breathe down the rest of their bottle. The firefighter will do their best to control their breathing, trying to get the bottle to last as long as possible. The timer will stop once the firefighter disconnects their SCBA.

Notes
Ensure that all stations are performed in a safe and efficient manner. Suggestions for placement of the charged hose line and victim rescue would be the fully advanced hose line ending at the victim for maximum efficiency between stations. Ideally the breathe down drill will have multiple participants and someone supervising that will help the participating firefighters reset each station. That supervisor can cycle into the drill after the first breathe down participant has bled their bottle dry, and that firefighter can take over the supervisor role.