

Self-Survival Skills

Self-Survival Skills Training

10 Survival Skills for All Firefighters

In order to reduce line of duty injuries and deaths, the fire service must emphasize basic skill level responses to hazardous situations. The best prevention is the recognition of areas or situations we shouldn't be in, but preparedness requires us to know and MASTER these skills. Maintenance of these skills is a career long process.

Skill	Background	Performance Level Required
Don SCBA in 60 seconds or less	Mastery of the most basic piece of survival equipment makes the firefighter more proficient in its usage	60 seconds or less. All PPE, safety checks completed.
Activate / Reset PASS Device	Ability to activate into alarm mode to signal distress is critical. Resetting device is required to transmit radio information.	Able to reset and reactivate into alert mode using each hand in a variety of body positions.
Emergency SCBA Failure Check	Following manufacturer guidelines, follow facepiece to regulator, to low pressure hose to high pressure hose, to cylinder valve to check for problems before removing regulator. Breathing conservation skills are used in this area also.	Follow air flow path to identify any SCBA component problems. Remove regulator as last resort and cover hole with protective hood.
Low Profiling / Dumping of SCBA	DoFFing / Donning skills for when obstructions prevent movement.	Remove and replace SCBA in a variety of situations without breaking facepiece seal.
Alternative Air Supply Skills	Buddy breathing, quick or trans-filling of cylinders for members out of air or with malfunctioning SCBA.	Problem identification, use of supplied systems, shared regulator process. Quick escape while completing tasks
Wire Entanglement	Swim techniques, wire cutting, shifting or dumping SCBA when entangled by wires	Successfully escape area with facepiece compromise
MAYDAY Procedure	Use of two-way radio to call for help when lost, trapped, disoriented	Local procedure for reporting emergency—Unit/ Conditions/Actions/Needs
Handcuff Knot	Basic survival knot used for rescue from below grade or other areas	Ability to tie in line, end of line, using multiple ropes
Wall Breaching / Escapes	Escaping hostile environment to safe haven through wall stud space	Member will clear obstruction using tools or other means until completely through wall
Self-Rescue Techniques	Window escapes, Roof descents, window sill hangs, shielding in place	Ability to escape from simulated hazardous conditions or areas safely.