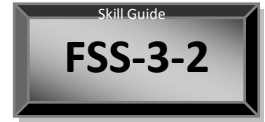




Kitsap County Training & Safety Officers

Skill Guide



GRABLIVES

Name: _____

Date: _____

Description: This Skill Guide is intended to instruct and/or evaluate the firefighter in competency in the GRABLIVES mnemonic, and post Mayday call, in order to survive until a rescue team can find, access, and extricate the firefighter(s).

Related Instructor Guide:

- K.C.T.O. I.G. – Declaring the Mayday

Performance Standards:

Post Mayday Checklist - GRABLIVES

Task: The firefighter given a MAYDAY situation will identify the situation and start the GRABLIVES procedures.

Conditions: A MAYDAY situation, and corresponding environment.

	Objectives	P	F
1.	G- Gauge- Check Remote Air Pressure Gauge		
2.	R- Radio- Go through your MAYDAY procedures via radio. Who, where, what		
3.	A- Activate PASS		
4.	B- Breathe- Control and slow your breathing		
5.	L- Low- Stay low to the ground		
6.	I- Illuminate- Turn on your flashlight		
7.	V- Volume- Make Noise		
8.	E- Exit- Search for an exit of conditions permit		
9.	S- Shield- As a last resort, with no air left, remove regulator, shield airway using PPE.		

Performance Outcome;

The firefighter will be able to demonstrate identifying the MAYDAY parameter and the need to start the GRABLIVES procedures. The mastery level of this skill should include a completely blacked out environment where there is zero visibility and the ability to evaluate the firefighter during the task (TIC). All items must also be complete with a zero tolerance for failure and/or missing any one of the above steps.

Evaluator Comments: _____

Evaluator Signature: _____



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