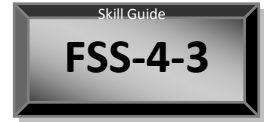




Kitsap County Training & Safety Officers

Skill Guide



Self Rescue- Low Profile

Name: _____
Date: _____

Description: This Skill Guide is intended to instruct and/or evaluate the competency in basic self survival skills

Related Instructor Guide:

- Self Rescue Basic

Performance Standards:

- NFPA 1001 5.3.1 (b), 5.3.5 (b), 5.3.9 (b)
- NFPA 1407, 7.7 (2,3,4), 7.13, 7.13.1 (1,2,3,4) 7.13.2
- NFPA 1500 5.1.10
- WAC 296-305 Appendix D

Self Rescue I: Low Profile Horizontal/Vertical

Task: Given a low profile horizontal and/or vertical opening the firefighter will demonstrate competency in traveling through the opening with any of the three approved methods. Rolling, Shifting, or Removing their SCBA

Conditions: Given a simulated low profile obstruction the firefighter will pass through while being able to plainly see, progressing to low light/vision, and finally demonstrating complete competency in a zero visibility environment

	Objectives	P	F
1.	Determine if situation dictates a MAYDAY parameter....if so call the MAYDAY		
2.	Communicate situation to partner and IC		
3.	Dependent on scenario/opening determine which of three methods will be used. Rolling, Shifting, or Removing		
4.	If pack is rolled, left shoulder strap is removed, waist belt is not removed. SCBA is secured fully once through obstacle		
4.	If pack is Shifted, all straps stay on. All straps are loosened; SCBA shifted then retighten as necessary. Pack is secured fully once through obstacle		
5.	(Last Resort) If pack is removed air line stays attached to mask. Firefighter remains in control of air line, SCBA, and mask while traversing through obstacle.		
6.	Re-secures SCBA and assists partner thru the obstacle as necessary		
Performance Outcome; Firefighter effectively evaluates low clearance obstacle and identifies the correct method of passing thru the obstacle.			

Evaluator Comments: _____

Evaluator Signature: _____



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