



# Kitsap County Training & Safety Officers

## Skill Guide



### Ladder Bail-Out

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

**Description:** This Skill Guide is intended to instruct and/or evaluate the firefighter in a Self Rescue/Abandon the Building Scenario; whereas the firefighter has to utilize the secondary means of egress in a rapid manner.

**Related Instructor Guide:**

- Self Rescue II

**Performance Standards:**

- Adopted methods used by your Fire Department  
\*\*It is strongly recommended to use the "Head-First" method, and not the "pivot on the arm" method when conducting this drill

### Head-First Ladder Bail-Out

**Task:** The Firefighter in Full PPE and SCBA, given a ladder on a second story window, will demonstrate how to slide down a ladder, head first, in a safe and controlled manner.

**Conditions:** Given a Hostile Fire event, or eminent collapse scenario, with an Abandon the building order, the firefighter(s) will place themselves onto an extension ladder headfirst, and slide down the ladder in a controlled manner. The Extension Ladder shall be placed at a shallower angle than normal (75) to a degree of 60 when conducting this drill (Use of Belay line required)

	Objectives	P	F
1.	<b><u>**Stop Drill- Attach Belay Line**Safety Check System**</u></b>		
1a	Receive/Acknowledge "Abandon The Building" Order		
2.	Identify Hostile Fire Condition and communicate "abandoning the structure"		
2a	Locate secondary means of egress (Extension Ladder)		
3.	Lift Torso onto window sill, placing hands onto ladder rungs		
4.	Move hands to Ladder beams and slide down ladder until feet catch top rung		
5.	Firefighter demonstrates Controlled decent by allowing feet to slow/stop decent on top rung and "Hugging" ladder		
6.	Leaving hands on beams (Not Rungs) slide down ladder allowing feet to catch rungs to slow decent if needed		
7.	Once at ground level, firefighter tucks shoulder in, and rolls to an upright position.		
8.	Firefighters re-group at ground level and communicate to IC		

**Performance Outcome;** The firefighter, in a controlled manner, demonstrates sliding down an extension ladder from a second story head-first to abandon a structure due to a Hostile Fire Event or Eminent Collapse Scenario.

Evaluator Comments: \_\_\_\_\_

Evaluator Signature: \_\_\_\_\_



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