Drill Ground Activity 21: Confined Area Rescue

Description	This drill ground activity provides students with an opportunity to practice rescuing a downed fire fighter from a confined area (as was encountered by the Denver Fire Department in the LODD of Mark Langvardt).
Timeframe	2 hours (1 ground school / 1 ladder operations)
Students	Groups of up to 10 students Three students minimum needed for drill
Materials	• Appropriate training structure • Confined area prop (Appendix B) • Three fire service ladders appropriate size for the structure • Fall protection system • Simulated downed firefighter in full PPE • Full turn out PPE • SCBA
Site Preparation	• Ensure that site is free of all hazards.
Instructor Directions	1. Review the operation of the evolution and the desired outcome with participants. 2. Review safety considerations with participants. 3. Show participants the starting and ending points of the course. 4. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.). 5. Ensure all participants are wearing full PPE. 6. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Position downed fire fighter face down with their head against exterior wall.	
2. Rescuer #1: Enter through window. 3. Rescuer #1: Move to downed fire fighter's feet. • Control descent into window to prevent further injury.	

4. Rescuer #1: Turn downed fire fighter face up.	
5. Rescuer #1: Moved downed fire fighter’s knees toward their buttocks. • Stand on downed fire fighter's feet to prevent slipping and provide leverage.	
6. Rescuer #1: Lock knees against downed fire fighter. 7. Rescuer #1: Grab downed fire fighter’s SCBA should straps with a firm grip. 8. Rescuer #1: Pull downed fire fighter into a sitting position.	

9. Rescuer #2: Enter behind downed fire fighter.	
10. Rescuer #2: Position behind downed fire fighter. • Loosen SCBA straps. • Offset bottle to corner. • Keep knees close together.	
11. Both Rescuers: Lift the downed firefighter in a semicircular onto knees of second rescuer.	
12. Rescuer #1: Stand up and position between downed fire fighter's legs with a firm grip under the downed fire fighter's thighs.	

13. Rescuer #2: Place palms under downed fire fighter's SCBA bottle preparing to push up.	
14. Exterior Rescuer: Help lift downed fire fighter up and onto windowsill.	
15. All Rescuers: Lift downed fire fighter into windowsill.	

16. Begin ladder operations. • Ensure downed fire fighter's upper body is completely out of structure. • Hold downed fire fighter in a sitting position with thighs resting on windowsill.	
17. Interior Rescuer: Hold downed fire fighter’s SCBA strap. 18. Exterior Rescuer: Rotate downed fire fighter. 19. Exterior Rescuer: Pull downed fire fighter’s chest into structure exterior.	
20. Exterior Rescuer (positioned at downed fire fighter’s head): Reach under downed fire fighter’s arms and grab ladder beam. 21. Exterior Rescuer (positioned at downed fire fighter’s legs): Step down one rung below other rescuer, grabbing beam between downed fire fighter’s legs.	

22. Interior Rescuer: Maintain grip on SCBA straps and assist with lowering as long as possible. 23. Interior Rescuer: Pull downed fire fighter's chest against ladder beams.	
24. Exterior Rescuers: Lower downed fire fighter to ground. • Rescuer carrying legs remains one rung lower during descent.	
25. Additional Exterior Rescuers: Assist with lowering downed fire fighter to ground.	