Drill Ground Activity 12: Feet-first Ladder Carry

Description	This drill ground activity provides students with an opportunity to practice moving a downed (injured/unconscious) fire fighter to a window, positioning them face up and feet first on the ground, then lifting them up and onto a ladder feet-first for rescue from a multistory structure.
Timeframe	1 hour
Students	Groups of up to 10 students Three students minimum required for drill
Materials	• Appropriate training structure • Simulated downed firefighter in full PPE • Fall protection system • Minimum two (2) fire service ladders • Mechanical footing for each ladder used • 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. Review fall protection system with all personnel/students. 4. Assign personnel/students to appropriate fall protection positions. 5. Show participants starting and ending points of the course. 6. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.). 7. Ensure all participants are wearing full PPE. 8. Ensure all students are wearing a full-body harness attached to a safety line in accordance with fall protection system requirements. 9. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Rescuer #1 and #2: Position downed firefighter so their head faces from window. 2. Rescuer #1 and #2: Grasp downed fire fighter's pant cuff and waist strap. 3. Rescuer #1 and #2: Drag downed fighter to window.	
4. Rescuer #1 and #2: Place downed fire fighter's feet on windowsill while maintaining contact with downed fire fighter.	

5. Rescuer 1: Give command, “Ready, ready, lift”. 6. Rescuer #1 and #2: Lift and place downed fire fighter’s thighs on windowsill, controlling the lift. 7. Rescuer #1 and #2: Readjust and grasp downed fire fighter’s waist strap. • Rescuer #2: Readjust and grasp downed fire fighter’s chest and Rescuer #1’s hand. 8. Rescuer #1 and #2: Lift downed fire fighter out window placing a leg under downed fire fighter to help hold weight if necessary.	
9. Rescuer #3 (on ladder): Perform a basic leg lock on downed fire fighter. • Move downed fire fighter’s legs to one side of their body, placing one hand between downed fire fighter’s legs, wrapping other hand around opposite beam for stabilization, and resting underneath downed fire fighter’s armpit.	

10. Rescuer #1 and #2: Continue to assist downed fire fighter until completely secured on ladder. 11. Rescuer #3: Descend ladder with downed fire fighter, controlling descent by wrapping both hands around beams.	