Drill Ground Activity 11: Head-first Ladder Carry

Description	This drill ground activity provides students with an opportunity to practice removing a downed (injured/unconscious) fire fighter from a multistory structure head-first using a ladder.
Timeframe	1 hour
Students	Groups of up to 10 students Four students minimum required for drill
Materials	• Appropriate training structure with an above-ground door or window • Fall protection system • Minimum two (2) fire service ladders • Mechanical footing for each ladder used • Simulated downed firefighter in full PPE • Full turn out PPE • SCBA
Site Preparation	• Ensure the site is free of all hazards. • Assign an instructor on the second ladder to ensure safe removal and to coach students through the operation.
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. Rescuers #1, #2: Drag the downed fire fighter to the window, orienting their head up and feet toward the window.	
2. Rescuers #1, #2: Prepare window for egress (if necessary). 3. Rescuers #1, #2: Call out window for assistance from other fire fighters. 4. Rescuers #1, #2: Direct ladder placement from exterior crews (rescue position).	
5. Rescuers #1, #2: Position downed fire fighter below the window. • Sitting upright, knees bent, as close as possible to interior wall	

6. Rescuers #1, #2: Lift downed fire fighter to window. 7. Rescuers #1, #2: Confirm a third rescue fire fighter (rescuer #3) is on the ladder ready to assist. 8. Rescuers #1, #2: Use one hand to grasp bottom of downed fire fighter's SCBA harness or turnout coat, while the other hand grasps shoulder strap or turnout collar. 9. Rescuers #1, #2: Lift downed fire fighter to windowsill, headfirst, with downed fire fighter's waist on sill.	
10. Rescuers #1, #2: Transition downed fire fighter onto ladder and rotate downed fire fighter until their lower armpit rests on exterior fire fighter's forearm. 11. Rescuer #3: Firmly grasp ladder beam to support downed fire fighter's upper torso. 12. Rescuers #1, #2: Rotate and bend downed fire fighter's legs to maneuver through window. 13. Rescuer #3: Firmly grasp other ladder beam ladder between downed fire fighter's legs. • Rescuer may need to step down a rung for the leg transition. 14. Rescuers #1, #2: Assist throughout transition, maintaining contact with downed fire fighter as long as possible.	

15. Rescuer #3: Lower downed fire fighter to the ground, controlling speed of descent by pressing downed fire fighter against ladder with their upper body. 16. Rescuer #3: Communicate control of downed fire fighter with Rescuers #1 and #2. 17. Additional personnel: Wait on the ground, foot the ladder, and prepare to receive the downed fire fighter.	