Drill Ground Activity 10: Drag a Downed Fire Fighter Up/Down Stairs

Description	This drill ground activity provides students with an opportunity to practice working as part of a RIC to properly drag a downed fire fighter up and down stars when packaging equipment is not available.
Timeframe	1 hour (15 minutes – Up Stairs / 45 minutes – Down Stairs)
Students	Groups of up to 10 students Two students minimum required for drill
Materials	• Appropriate training structure • Simulated downed firefighter in full PPEE • Full turn out PPE • SCBA • Rescue loop
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	
Dragging Down Stairs	
1. Position downed fire fighter. • On their side, headfirst, stomach toward any anticipated inside bends 2. Rescuer #1: Take position below downed fire fighter's head, staying low. 3. Rescuer #2: Take position behind Rescuer #1. 4. Rescuer #2: Grasp Rescuer #1's SCBA frame or waist strap with one hand. • Preparing to guide down the stairs 5. Rescuer #1: Grasp downed fire fighter's SCBA shoulder straps using cross grasp to cradle head.	
6. Rescuer #1: Pull downed fire fighter down the stairs. • Lean into downed fire fighter to gain control. • Shield from falling debris (if necessary). • Use proper body mechanics.	
7. Rescuer #2: Guide descent. • Maintain physical and verbal contact other RIC members. • Use proper body mechanics.	

Dragging Up Stairs Two Rescuers using SCBA Straps	
8. Position downed fire fighter. • Face up, head first 9. Create seat harness for downed fire fighter. • Place SCBA waist strap between downed fire fighter's legs. 10. Rescuer #1: Take position at downed fire fighter's head. 11. Rescuer #1: Grasp downed fire fighter's SCBA shoulder straps. 12. Rescuer #2: Take position at downed fire fighter's feet. 13. Rescuer #2: Lift downed fire fighter's legs over their shoulders, standing between both legs. 14. Both rescuers carry downed fire fighter.	
Dragging Up Stairs Two Rescuers using Rescue Loop or Webbing	
15. Position downed fire fighter. • Face up, head first 16. Create seat harness for downed fire fighter. • Place SCBA waist strap between downed fire fighter's legs. 17. Rescuer #1: Take position at downed fire fighter's head. 18. Rescuer #1: Apply rescue loop with a girth hitch around top of downed fire fighter's SCBA harness straps.	

19. Rescuer #2: Take position at downed fire fighter's feet. 20. Rescuer #2: Lift downed fire fighter’s legs, grabbing both legs at knees while standing between them. 21. Both rescuers carry downed fire fighter.	