Buddy Breathing

Format: Groups of up to 10 students (instructor guided)

Time Frame: 10 minutes

Description
This instructor-guided activity provides students with an opportunity to practice buddy breathing techniques with a partner.

Materials
- Full turn out PPE and SCBA

Instructions
Using SCBA equipment, work with a partner to practice the following techniques:

1. Scenario 1
   - Select a partner.
   - Both partners don assigned SCBA (without PPE) and gloves.
   - With mask one, breathe air from the SCBA.
   - Practice cycling through different connection points for buddy breathing.
     - Determined by AHJ guidelines, manufacturer specifications, and best practices.
   - Each partner should perform each possible buddy breathing option.

2. Scenario 2
   - Keep the same partner as Scenario 1.
   - Both partners don assigned SCBA (without PPE) and gloves.
   - With face mask properly in place, and SCBA cylinder on, the instructor identifies one partner in each pair to be low air.
   - The partner with air will deploy both buddy breathers and make the connection.
   - To the best of your ability, do not remove face mask during this activity.