Drill Ground Activity 14: Ladder Escape - Hook Two / Slide to Four

Description	This skill station provides students with an opportunity to practice exiting a structure using a hook two / slide to four ladder escape.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 14 and 15)
Students	Groups of up to 10 students
Materials	● Appropriate training structure with 2nd story window ○ 24” x 24” minimum (recommended) ● Fall protection system ● Full turn out PPE ● SCBA ● Two (2) 24-foot extension ladders
Site Preparation	● Ensure that site is free of all hazards. ● Confirm that an appropriate anchor can be constructed in accordance with the fall protection system. ● Add and secure a parallel ladder for an instructor.
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 personal protective equipment. 8. Ensure all students are wearing a full-body harness attached to a safety line in accordance with the fall protection system requirements. 9. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Call MAYDAY!	
2. State your personal procedures. (GRABLIVES) • Monitor and control your air. • Turn on your flashlight. • Make some noise. • Look for exits (windows, doors, light from the outside).	

3. Isolate door (if possible).	
4. Locate window.	

5. Travel to window staying as low as possible.	
6. Clear window frame of glass, sash, screen, curtains, blinds. • Start at top and force out.	

7. Locate the ladder.
    - Feel for ladder.
    - Lean over windowsill.
    - When exiting, stay low as possible (sniff the sill).
    - Lean over windowsill.
    - Exit onto ladder.

8. Place both hands on ladder beams. 9. Make a fist with one hand, place back of fisted arm over rung 1 and hook under rung 2.	
10. Secure inside of elbow around rung 2. • Maintain fist, DO NOT grab rung.	
11. Slide opposite arm down beam to rung 4.	

12. Slide hand across rung 4 to opposite beam and grasp rung 4.	
13. Prepare to transition weight from rung 2 to rung 4. • Bend knees and tuck feet.	
14. Using elbow (rung 2) and gripped hand (rung 4) as pivot points rotate (pendulum) body over windowsill and out.	

15. Descend ladder quickly.	
16. Clear bottom of ladder quickly to allow for additional fire fighter to escape.	