Drill Ground Activity 6: Air Management

Description	This skill station provides students with an opportunity to practice air management techniques.
Timeframe	1 hour 15 minutes
Students	Groups of up to 10 students
Materials	• Full turn out PPE • SCBA with one cylinder filled to capacity • Rehabilitation station/supplies (water, cups, shade, seating) **Station 1: Ladder Raise/Lower** • Roof ladder • One traffic cone (set 50’ from hose tower wall) **Station 2 – Traffic Cone Fatigue Test** • Eight (8) 24” traffic cones (spread out in two rows of four (4), 8’ apart) • Two (2) softballs • Two (2) baseballs placed on top of the cones **Station 3 – Pike Pole / Ceiling Pull Simulation** • One (1) pry bar **Station 4 – Hose Bundle Carry** • One (1) “Metro” pack • One (1) High Rise Bag • Two (2) traffic cones (set 50’ apart) **Station 5 – Ascend the Tower** • Training tower or four (4) flights of stairs
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 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 personal protective equipment. 6. Perform a final safety check prior to performing the evolution. 7. Medically screen and document participants before the evolution. • Need one copy of evaluation per student 8. Instruct participants to begin the course at a comfortable pace (no running). 9. Instruct participants to complete as many tasks/stations as possible without stopping. 10. Document when participants’ low-pressure alarm activates.

	11. Instruct participants to continue through the course until they reach exhaustion or run out of air. 12. Document participants' stop time. 13. Provide a one-minute rest period. 14. Complete a second medical screening. 15. Provide a 15-minute break for rehabilitation and hydration. 16. Complete a third medical screening.

Student Directions	
Station 1: Ladder Raise/Lower	
1. Simulate the task of raising and lowering a ladder to perform a task on a roof or upper levels during a firefighting operation. • Shoulder carry the roof ladder and proceed to the hose tower wall. • Perform a one-person ladder raise. • Lower the ladder and carry back to traffic cone. • Rest the ladder next to the cone.	See site set-up below.
Station 2 – Traffic Cone Fatigue Test	
2. Evaluate early fatigue and coordination compromise. • Pick up a softball/baseball and carry it over to the next cone (walking in a figure 8 or "S" formation). • Continue this process until all the balls are moved to the opposite side.	See site set-up below.
Station 3 – Pike Pole / Ceiling Pull Simulation	
3. Replicate the actions necessary to perform overhaul (i.e., ceiling pull) or check for spot fires in the overhead. • Raise and lower a pry bar simulating the action of pulling a ceiling – (15) times.	See site set-up below.
Station 4 – Hose Bundle Carry	
4. Simulate the action of picking up a hose bundle and transporting it to a desired location. • Pick up the Metro Pack and High Rise Bag and walk out to the traffic cone. • Navigate around cone and return to original traffic cone.	See site set-up below.
Station 5 – Ascend the Tower	
5. Simulate ascending to the fourth floor of a building. • Walk up to the fourth floor of the tower and return to the ground floor.	See site set-up below.

Skill Station Set Up

Air Management Medical Evaluation

Name: _____ **Date:** _____

Vitals	Initial	1 Minute After	15 Minutes After
Blood Pressure			
Respiration			
Pulse			

Starting SCBA Pressure: _____

Time of Low-Activation Alarm: _____

Time of Completion: _____

Number of Stations Completed: _____