Drill Ground Activity: Ladder Escape – Head First

Description	This skill station provides students with an opportunity to practice exiting a structure using a head-first 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 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, and blinds. • Start at top and force out.	

7. Locate the ladder. • Lean over windowsill. • Stay as low as possible. • Feel for ladder.	
8. Reach over windowsill and grab ladder rungs with both hands. • DO NOT wrap thumbs around rungs.	

9. Pull body up and onto ladder maintaining low profile. 10. Pivot out of window on mid-section. 11. Reach and grab next rung, descending hand over hand.	
12. As feet exit window, hook toes onto windowsill to control transition onto ladder.	
13. Reach and grab next rung, descending hand over hand.	

14. Hook feet on each rung while descending to control speed.	
15. At bottom of ladder, roll off by extending one arm underneath last rung to position body on side. • Make sure shoulder is on the ground (DO NOT power drive it into the ground).	

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