

# Fire Fighter Survival

## Instructor Task Book (2023)



California Department of Forestry and Fire Protection  
Office of the State Fire Marshal  
State Fire Training

## Overview

### Authority

Published: May 2023

Published by: State Fire Training, PO Box 944246, Sacramento, CA 94244-2460

Cover photo courtesy of Anderson Rescue Solutions.

### Purpose

The State Fire Training instructor task book is a performance-based document. It lists the minimum requirements a candidate must meet to teach a specific State Fire Training course or course series.

### Assumptions

Except for Fire Fighter and Emergency Vehicle Technician (EVT) certifications, a candidate may begin the task book initiation process upon completion of all required education components (courses).

Each job performance requirement (JPR) shall be evaluated after the candidate initiates the task book.

State Fire Training task books do not count towards the NWCG task book limit. There is no limit to the number of State Fire Training task books a candidate may pursue at one time if the candidate meets the initiation requirements for each.

It is the candidate's responsibility to routinely check the State Fire Training website for updates to an initiated task book. All State Fire Training issued updates to an initiated task book are required for task book completion.

A candidate must complete a task book within three years of its initiation date. Otherwise, a candidate must initiate a new task book using the curriculum's current published version

## Roles and Responsibilities

### Candidate

The candidate is the individual pursuing instructor registration.

#### Initiation

The candidate shall:

1. Complete the Initiation Requirements section.
  - Please print.
2. Complete a block on the Signature Verification page with a handwritten signature.

#### Completion

The candidate shall:

1. Complete all Job Performance Requirements.
  - Ensure that an evaluator initials, signs, and dates each task to verify completion.
2. Complete the Completion Requirements section.
3. Sign and date the Candidate verification section on the Review and Approval page with a handwritten signature.
4. Obtain their fire chief's handwritten (not stamped) signature on the Fire Chief verification section on the Review and Approval page.
5. Create and retain a physical or high-resolution digital copy of the completed task book.

#### Submission

The candidate shall:

1. Submit a copy (physical or digital) of the completed task book and any supporting documentation to State Fire Training.
  - See Submission and Review below.

A candidate should not submit a task book until they have completed all requirements and obtained all signatures. State Fire Training will reject and return an incomplete task book.

### Evaluator

An evaluator is any individual who verifies that the candidate can satisfactorily execute a job performance requirement (JPR).

A qualified evaluator is a Registered Instructor of Fire Fighter Survival, designated by the candidate's fire chief (or authorized designee). For instructor task books that do not require fire chief initiation, academy instructors serve as or designate evaluators.

An instructor task book may have more than one evaluator.

All evaluators shall:

1. Complete a block on the Signature Verification page with a handwritten signature.
2. Review and understand the candidate's instructor task book requirements and responsibilities.
3. Verify the candidate's successful completion of one or more job performance requirements through observation.
  - Do not evaluate any job performance requirement (JPR) until after the candidate initiates the task book.
  - Sign all appropriate lines in the instructor task book with a handwritten signature or approved digital signature (e.g., DocuSign or Adobe Sign; a scanned copy of a signature is not acceptable) to record demonstrated performance of tasks.

## Fire Chief

The fire chief is the individual who initiates (when applicable) and then reviews and confirms the completion of a candidate's instructor task book.

A fire chief may identify an authorized designee already on file with State Fire Training to fulfill any task book responsibilities assigned to the fire chief. (See *State Fire Training Procedures Manual*, 4.2.2: Authorized Signatories)

## Initiation

The fire chief shall:

1. Review and understand the candidate's instructor task book requirements and responsibilities.
2. Complete a block on the Signature Verification page with a handwritten signature.
3. Designate qualified evaluators.

## Completion

The fire chief shall:

1. Confirm that the candidate has obtained the appropriate signatures to verify successful completion of each job performance requirement.
  - Ensure that all job performance requirements were evaluated after the initiation date.
2. Confirm that the candidate meets the Completion Requirements.

3. Sign and date the Fire Chief verification statement under Review and Approval with a handwritten signature.
  - If signing as an authorized designee, verify that your signature is on file with State Fire Training.

## Submission and Review

A candidate should not submit a task book until they have completed all requirements and obtained all signatures. State Fire Training will reject and return an incomplete task book.

To submit a completed task book, please send the following items to the address below:

1. A copy of the completed task book (candidate may retain the original)
2. All supporting documentation
3. Payment

State Fire Training

Attn: Instructor Registration

PO Box 944246

Sacramento, CA 94244-2460

State Fire Training reviews all submitted task books.

- If the task book is complete, State Fire Training will authorize the task book and retain a digital copy of the authorized task book in the candidate's career file.
- If the task book is incomplete, State Fire Training will return the task book with a notification indicating what needs to be completed prior to resubmission.

Completion of this instructor task book is one step in the instructor registration process. Please refer to the *State Fire Training Procedures Manual* for the complete list of qualifications required to teach SCS1: Operations.

## Initiation Requirements

The following requirements must be completed prior to initiating this task book.

### Candidate Information

Name: \_\_\_\_\_

SFT ID Number: \_\_\_\_\_

Fire Agency: \_\_\_\_\_

Initiation Date: \_\_\_\_\_

### Prerequisites

The candidate meets one of the following prerequisites.

1. OSFM Instructor 1, Training Instructor I, or Fire Instructor I certification
2. OSFM Registered Instructor

*Include documentation to verify prerequisite requirements when you submit your instructor task book unless verification is already documented in your SFT User Portal.*

### Education

That candidate has completed the following courses.

1. Fire Fighter Survival (SFT)
2. Fire Ground Survival Awareness (IAFF – online course)

*Include documentation to verify education requirements when you submit your instructor task book unless verification is already documented in your SFT User Portal.*

### Fire Chief Approval

State Fire Training confirms that a fire chief's approval is not required to initiate this task book.

## Signature Verification

The following individuals have the authority to verify portions of this instructor task book using the signature recorded below.

Please print except for the Signature line where a handwritten signature is required.  
Add additional signature pages as needed.

**Name:** \_\_\_\_\_  
Job Title: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Signature: \_\_\_\_\_

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Job Title: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Signature: \_\_\_\_\_

## Job Performance Requirements

### Job Performance Requirements

The candidate must complete each job performance requirement (JPR) in accordance with the standards of the authority having jurisdiction (AHJ) or the National Fire Protection Association (NFPA), whichever is more restrictive.

When California requirements exceed or require revision to the NFPA standard, the corresponding Office of the State Fire Marshal approved (OSFM) additions or revisions appear in italics.

All JPRs must be completed within a California fire agency or State Fire Training Accredited Regional Training Programs (ARTP).

Each JPR shall be evaluated after the candidate initiates the task book.

Each task must be performed twice.

- The two instances must occur during two different courses.
- The same evaluator cannot sign off on the same task twice.
- In the tables, E1 represents the candidate's first evaluation and E2 represents their second evaluation.

Examples of correct and incorrect evaluation:

**Correct:** Task completed during two separate courses and evaluated by two separate individuals.

1. Assemble a comprehensive burn plan ("burn book") that contains all documentation necessary to conduct a live fire training evolution in accordance with NFPA standards and the policies and procedures of State Fire Training (SFT) and the authority having jurisdiction (AHJ).	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Describe purpose of a live fire burn plan	AAA123	2/8/18	JAS	BBB123	5/15/18	CWJ
b. Identify components of a live fire burn plan ("burn book")	AAA123	2/8/18	JAS	BBB123	5/15/18	CWJ
c. Identify records-retention requirements for burn plans	AAA123	2/8/18	JAS	BBB123	5/15/18	CWJ



**Incorrect:** Task completed twice during one course but evaluated by two separate individuals.

1. Assemble a comprehensive burn plan (“burn book”) that contains all documentation necessary to conduct a live fire training evolution in accordance with NFPA standards and the policies and procedures of State Fire Training (SFT) and the authority having jurisdiction (AHJ).	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Describe purpose of a live fire burn plan	AAA123	2/8/18	JAS	AAA123	2/8/18	CWJ
b. Identify components of a live fire burn plan (“burn book”)	AAA123	2/8/18	JAS	AAA123	2/8/18	CWJ
c. Identify records-retention requirements for burn plans	AAA123	2/8/18	JAS	AAA123	2/8/18	CWJ

**Incorrect:** Task completed during two separate courses but evaluated by the same individual.

1. Assemble a comprehensive burn plan (“burn book”) that contains all documentation necessary to conduct a live fire training evolution in accordance with NFPA standards and the policies and procedures of State Fire Training (SFT) and the authority having jurisdiction (AHJ).	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Describe purpose of a live fire burn plan	AAA123	2/8/18	JAS	BBB123	5/15/18	JAS
b. Identify components of a live fire burn plan (“burn book”)	AAA123	2/8/18	JAS	BBB123	5/15/18	JAS
c. Identify records-retention requirements for burn plans	AAA123	2/8/18	JAS	BBB123	5/15/18	JAS

## Fire Fighter Survival Instructor

### Course Administration and Orientation

1. Complete course administration activities.	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Complete and submit course scheduling request						
b. Order student textbooks (if applicable)						
c. Confirm facilities for classroom and drill ground instruction						
d. Complete instructor assignments						
e. Complete class rosters						
f. Confirm facilities set up and safety						
g. Confirm prop set up and safety						
h. Confirm equipment (based on number of students)						
i. Organize skill stations (location, equipment, timing, complexity)						
2. Identify facility and classroom requirements and course objectives, events, requirements, assignments, activities, skills exercises, resources, evaluation methods, and participation requirements. (Topic 1-1)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Identify facility requirements						
b. Identify classroom requirements						
c. Review course syllabus						

3. Identify course safety requirements. (Topic 1-2)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Identify risks and hazards associated with fire fighter survival training						
b. Identify AHJ training safety policies and procedures						
c. Identify NFPA 1006: Standard for Technical Rescue Personnel, NFPA 1402: Standard on Facilities for Fire Training and Associated Props, and NFPA 1983: Standard on Life Safety Rope and Equipment for Emergency Services						
d. Identify OSHA requirement 3270.1 – Use of Rope Access Equipment (subsection J)						
e. Identify appropriate PPE and SCBA for participation						
f. Identify preventative measures to mitigate hazards and injuries						
g. Identify process for reporting injury or illness						

**Mayday Mindset**

4. Identify common causes of Mayday situations. (Topic 2-1)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Define the term “Mayday”						
b. Identify common Mayday situations						
c. Identify most common causes of Mayday situations						
d. Identify most common causes of fire fighter fatalities						

5. Understand physiological responses to stress. (Topic 2-2)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Describe the nervous system’s sympathetic (fight or flight) response to stress						
b. Describe how the brain responds to stress						
c. Describe environmental pathology						
d. Describe how to operate within a hostile or emergency environment						
e. Describe the components of a PACE survival plan						
6. Declare a Mayday. (Topic 2-3)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Identify Mayday situations						
b. Identify factors that can delay calling Mayday						
c. Identify when to call an immediate Mayday						
d. Identify when to call Mayday						
e. Describe how to use radio equipment to call Mayday						
f. Describe information to relay during a Mayday call						
g. Describe survival actions to take after calling Mayday						
h. Identify external actions triggered by a Mayday call						
i. Demonstrate calling Mayday						

**SCBAs and Air Management**

7. Mitigate SCBA problems. (Topic 3-1)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Identify the importance of SCBA checks						
b. Identify common SCBA problems that occur on the fireground						
c. Describe how to identify the source of an SCBA problem						
d. Describe what to do when an SCBA problem cannot be resolved						
e. Demonstrate SCBA proficiency						
f. Demonstrate troubleshooting SBCA problems						
g. Demonstrate buddy-breathing techniques						
8. Change SCBA profiles. (Topic 3-2)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Identify when to change an SCBA profile						
b. Describe how to change from a standard profile to a low or reduced profile (partial removal)						
c. Describe how to change from a standard profile to zero or no profile (full removal)						
d. Describe how to prepare SCBA for rescue						
e. Identify risks and hazards associated with changing SCBA profiles						
f. Demonstrate the low or reduced profile (partial removal) method						

g. Demonstrate the zero or no profile (full removal) method						
<b>9. Manage air consumption. (Topic 3-3)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Describe the importance of air management						
b. Identify the key components of NFPA 1404 (current edition) as they relate to fire fighter survival						
c. Describe components of smoke						
d. Describe physiological impact of breathing smoke						
e. Describe physiological impact of wearing SCBA						
f. Identify air consumption rates						
g. Identify air conservation strategies						
h. Identify factors that impact air consumption rates						
i. Demonstrate air management techniques						

**Navigation and Disentanglement**

<b>10. Navigate through an interior environment. (Topic 4-1)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Describe the importance of situational awareness						
b. Identify factors that lead to disorientation on the fire ground						
c. Identify key components of exterior size up (360)						
d. Identify key components of interior size up						

e. Identify when and how to call Mayday when disoriented						
f. Describe how to communicate location						
g. Describe proactive steps fire fighters can take to reduce disorientation						
h. Describe body positioning and movement techniques for reorientation						
i. Describe how to use hoseline for reorientation						
j. Describe how to use tools for reorientation						
<b>11. Transition through an entanglement. (Topic 4-2)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Describe the importance of disentanglement						
b. Identify types of entanglements						
c. Identify entanglement points on SCBA, PPE, and equipment						
d. Identify tools used for disentanglement						
e. Identify tool placement for access during entanglement						
f. Identify when and how to call Mayday in entanglement situations						
g. Describe disentanglement options <ul style="list-style-type: none"> <li>• Sweep</li> <li>• Swim</li> <li>• Use a hand tool</li> <li>• Use a hose line</li> <li>• SCBA removal (full removal while laying down)</li> </ul>						
h. Demonstrate disentanglement techniques <ul style="list-style-type: none"> <li>• Sweep</li> </ul>						

<ul style="list-style-type: none"> <li>• Swim</li> <li>• SCBA removal (full removal while laying down)</li> <li>• Cut</li> </ul>						
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**Wall Breach and Anchoring**

12. Breach a wall. (Topic 5-1)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Describe the importance of wall breaching						
b. Identify wall construction materials						
c. Identify potential obstacles or hazards contained in walls						
d. Identify when and how to call Mayday						
e. Describe how to breach a wall						
f. Describe how to travel through a breach using the backwards swim method						
g. Describe how to travel through a breach using the headfirst method						
h. Demonstrate traveling through a breach using the backwards swim method						
i. Demonstrate traveling through a breach using the headfirst method						



13. Anchor and descend from an elevated exit. (Topic 5-2)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Describe the importance of descending from an elevated exit						
b. Identify when and how to call Mayday						
c. Identify equipment needed to descend from an elevated exit						
d. Describe how anchors work						
e. Describe how to use commercial or pre-rigged anchors						
f. Describe how to use fire fighter tools as anchors						
g. Describe how to use improvised anchors						
h. Identify knots used in descending from an elevated exit <ul style="list-style-type: none"> <li>• Overhand knot</li> <li>• Munter hitch</li> <li>• Carabiner spine wrap</li> </ul>						
i. Describe how to bail out using webbing						
j. Describe how to bail out using rope						
k. Describe how to bail out using a personal escape system						
l. Describe how to exit and descend						
m. Demonstrate tying an overhand knot						
n. Demonstrate tying a Munter hitch						
o. Demonstrate tying a carabiner spine wrap						
p. Demonstrate anchoring (based on prop)						
q. Demonstrate bail out using webbing						

r. Demonstrate bail out using rope						
s. Demonstrate bail out using a personal escape system						

**Window Hang and Ladder Escape**

<b>14. Seek refuge by hanging out a window. (Topic 6-1)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Describe the importance of a window hang maneuver						
b. Identify when and how to call Mayday						
c. Describe how to execute an individual window hang						
d. Identify where to position ladder to rescue a fire fighter hanging in a window						
e. Identify how to transition from a window hang to a ladder						
f. Describe how to execute a two-person (side by side) window hang						
g. Identify considerations associated with a two-person (stacked) window hang						
h. Describe how to drop from a window if conditions become untenable						
<b>15. Escape from an elevated area using a ladder and the hook two / slide 4 technique. (Topic 6-2)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Identify when to use a ladder escape						
b. Identify when and how to call Mayday						
c. Describe how to execute a hook 2/slide 4 ladder escape						

d. Identify risks and hazards associated with hook 2/slide 4 ladder escapes						
e. Demonstrate a hook 2/slide 4 ladder escape						
<b>16. Escape from an elevated area using a ladder and the headfirst technique. (Topic 6-3)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Describe how execute a headfirst ladder escape						
b. Identify risks and hazards associated with headfirst ladder escapes						
c. Demonstrate a headfirst ladder escape						

**Above and Below Ground Survival**

<b>17. Assess above and below grade Mayday situations and determine best case survival techniques. (Topic 7-1)</b>	<b>Course Code (E1)</b>	<b>Date (E1)</b>	<b>Initials (E1)</b>	<b>Course Code (E2)</b>	<b>Date (E2)</b>	<b>Initials (E2)</b>
a. Identify above and below grade Mayday situations						
b. Identify how avoid falls through floors						
c. Identify buildings with potential basements or lower levels						
d. Describe survival techniques for below-grade falls						
e. Identify how avoid falls through roofs						
f. Identify how roof materials impact operations and rescue						
g. Identify how roof construction impacts operations and rescue						
h. Describe survival techniques for roof falls						

### Mayday Case Studies

18. Identify factors that contribute to specific Mayday situations and recommend solutions or mitigations to avoid similar events. (Topic 8-1)	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Identify factors that contribute to injuries, Mayday situations, and line of duty deaths						
b. Identify solutions or mitigations to avoid injuries, Mayday situations, and life of duty deaths						

### Application

19. Set up, demonstrate, and oversee activities and skills stations.	Course Code (E1)	Date (E1)	Initials (E1)	Course Code (E2)	Date (E2)	Initials (E2)
a. Activity 2-3: Calling Mayday						
b. Activity 3-1a: Inspecting, Donning, and Using SCBA						
c. Activity 3-1b: Troubleshooting SCBA Problems						
d. Activity 3-1c: Buddy Breathing						
e. Activity 8-1: Mayday Case Studies						
f. Drill Ground Activity 1: Call Mayday						
g. Drill Ground Activity 2: Troubleshoot SCBA Problems						
h. Drill Ground Activity 3: Partially Remove SCBA						
i. Drill Ground Activity 4: Fully Remove SCBA						
j. Drill Ground Activity 5: Convert SCBA for Rescue						

k. Drill Ground Activity 6: Air Management						
l. Drill Ground Activity 7: Use SBCA in a Rescue Environment						
m. Drill Ground Activity 8: Navigation						
n. Drill Ground Activity 9: Disentanglement						
o. Drill Ground Activity 10: Wall Breach – Backwards Swim						
p. Drill Ground Activity 11: Wall Breach – Headfirst						
q. Drill Ground Activity 12: Anchor and Bail Out						
r. Drill Ground Activity 13: Window Hang						
s. Drill Ground Activity 14: Ladder Escape – Hook Two / Slide to Four						
t. Drill Ground Activity 15: Ladder Escape – Head First						

## Completion Requirements

The following requirements must be completed prior to submitting this task book.

### Experience

The candidate meets the following experience requirements.

1. Have two years' full-time or four years' part-time/volunteer suppression/rescue experience within a recognized fire agency in California

### Position

State Fire Training confirms that there are no position requirements for instructor registration.

### Updates

The candidate has completed and enclosed all updates to this certification task book released by State Fire Training since its initial publication.

Number of enclosed updates: \_\_\_\_\_

### Completion Timeframe

A candidate must complete a task book within three years of its initiation date. Otherwise, a candidate must initiate a new task book using the certification's current published version.

Initiation Date (see Initiation Date under Initiation Requirements): \_\_\_\_\_

## Review and Approval

### Candidate

Candidate (please print): \_\_\_\_\_

I, the undersigned, am the person applying to teach Fire Fighter Survival. I hereby certify under penalty of perjury under the laws of the State of California, that the completion of all requirements documented herein is true in every respect. I understand that misstatements, omissions of material facts, or falsification of information or documents may be cause for rejection or revocation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Fire Chief

Candidate's Fire Chief (please print): \_\_\_\_\_

I, the undersigned, am the person authorized to verify the candidate's qualifications to teach Fire Fighter Survival. I hereby certify under penalty of perjury under the laws of the State of California, that the completion of all requirements documented herein are true in every respect. I understand that misstatements, omissions of material facts, or falsification of information or documents may be cause for rejection.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_