	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE:	Total # of Pages: 10
Section #: 7	Self Rescue / Entanglement	Topic #: 18

TOPIC #18: Self Rescue / Entanglement

The purpose of this section of the Drill Manual is to reinforce the importance of being familiar with the SCBA and it's parts, their location as well as life saving techniques in the event fire fighter should become entangled in wires preventing their movement through the building. The member involved in the exercise shall demonstrate proficiency while working with SCBA. Members shall perform the daily and monthly inspections as outlined in Drill Book 3.1.12. The firefighters shall don all PPE including SCBA and practice entanglement techniques with the protective hood on backwards. Fire fighters shall be proficient in removing the SCBA without the benefit of sight and then re-donning the SCBA after entanglement hazard has been removed. This exercise should all be done in complete PPE.


The drill should be conducted as follows:

Actions to take when you have become entangle in wires.

Members are encouraged always to be aware of the potential for entanglement hazards while inside of a structure performing fire-fighting activities. This suspicion of entanglement hazards is greatly heightened when there has been a collapse of any part of the structure. In the event that you are presented with an entanglement situation, a member should do the following:

1. If you feel a tugging on your SCBA, STOP IMMEDIATELY and back up one step!!!

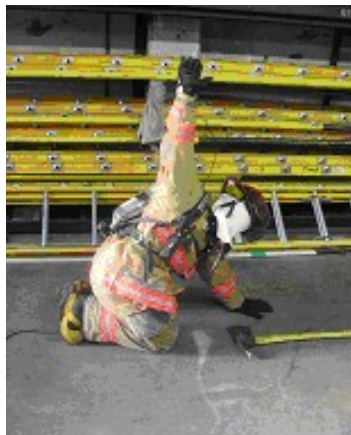



	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006 Section #: 7	TOPIC TITLE: Self Rescue / Entanglement	Total # of Pages: 10 Topic #: 18

- Place your tool on the ground with the handle pointing in the direction you were traveling.



- DO NOT TRY to "*bull dog*" your way out of this. This will make your entanglement worse.
- If you are with a partner, let them know what your situation is and then you can ask them to try and free you if they can **see** the entanglement.
- While on our hands and knees attempt to snag the wires by taking your right arm and moving it in a sweeping motion backwards along the outside of the leg at the knee- up past the waist and directly overhead to the front of the firefighter in a swimming motion.




	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE:	Total # of Pages: 10
Section #: 7	Self Rescue / Entanglement	Topic #: 18

6. If you do not snag the wire with this method, repeat the above motion with the arm on the other side.
7. Upon snagging the wire, place the wire(s) in both hands and raise them high above your head sitting upright if possible.



- a. Take all the slack out of the wire by gathering it into your hand.
 - b. Turn ¼ turn in either direction and hand the wire back to your partner, or let the wire loose once turned if not working with a partner.
8. If after doing the swim motion you were unable to snag the wire, rotate body 90 degrees to either the right or left and attempt the swim motion once again.
9. If this does not work, turn back to the center and then rotate 90 degrees the opposite direction and attempt the swim technique again.
10. If none of the above techniques enable you to grab the wire and free yourself, then a Mayday situation exists. You are entangled which is the same as an entrapment and you must put out a mayday.
11. Declare a "MAYDAY" situation on the fire-ground channel.
12. When giving the mayday, give the following information:
 - i. *Who* you are,
 - ii. *Where* you are,
 - iii. *What* company you are with.
 - iv. *Why* you are putting out the mayday. (What the problem is.)
13. At this point you will need to remove the SCBA from your back.

	Cincinnati Fire Department Fire Training Supplement DRILL BOOK		SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE:		Total # of Pages: 10
Section #: 7	Self Rescue / Entanglement		Topic #: 18

Doffing the SCBA

1. Unbuckle the waist strap and extend it all the way.




2. Fully extend both left and right shoulder straps.



3. Take both hands and grasp the chest strap at its connection in the center and release it.



	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE: Self Rescue / Entanglement	Total # of Pages: 10
Section #: 7		Topic #: 18


4. Now place your left hand on the high-pressure hoses and left shoulder strap, bring the SCBA harness assembly around and tuck it into your crotch.



5. Rest the SCBA on its bottle; frame up with the top of the SCBA against your body.
Note- If the SCBA assembly does not come around, do not force it, and move your body around to meet the assembly.
6. **DO NOT LET GO** of the high-pressure line. Take your right hand and feel the floor around you.



7. Ensure there are no holes, stairs or drop offs in the floor.
8. Switch hands, and check the floor on the other side and all around you.
9. **MAKE SURE** there isn't a drop off. If your SCBA falls into a drop off, it can pull your face piece off resulting in firefighter injury or death. There have been documented firefighter fatalities as a result of this type of incident.

	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE:	Total # of Pages: 10
Section #: 7	Self Rescue / Entanglement	Topic #: 18

10. Once freed, take the wires in your hand and push them away from your position, ensuring that the wires do not come back to you.




11. When completely clear and no longer entangled in the obstruction, it is time to put the SCBA harness back on.

Re Donning the SCBA

1. Prior to putting the harness back on, check for any entanglement hazards over your head by performing an exaggerated swim maneuver



2. If there are overhead obstructions, you must move to a safe spot prior to putting on the SCBA.


	Cincinnati Fire Department Fire Training Supplement DRILL BOOK		SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE:		Total # of Pages: 10
Section #: 7	Self Rescue / Entanglement		Topic #: 18

3. To move with the SCBA not on your back, you must ensure that while you are moving, the SCBA cannot fall and pull our face piece off. To do this you must wrap your SCBA shoulder straps around your forearm.
 - (a) Take the SCBA and lay it on its bottle, frame up.



- (b) Take the SCBA straps and pull them to the side.
 - (c) Now take your hands, place them on the bottom of the frame and slide your hands down to the ground.



	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE:	Total # of Pages: 10
Section #: 7	Self Rescue / Entanglement	Topic #: 18


- (d) At this point with your hands flat on the ground, move them out away from the SCBA and catch the bottom of the shoulder straps.



Note- If you attempt this at the top or middle of the shoulder straps, there will be too much material to complete the wrap. The wrap should be completed at the bottom where the straps are thinner.



- (e) With the shoulder straps captured by your forearm, wrap the strap one time around your forearm and place your hands back on the bottle.


	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE: Self Rescue / Entanglement	Total # of Pages: 10
Section #: 7		Topic #: 18

4. Grab your tool and move out of the hazard area



5. Once clear of the hazard area, you can begin to put the SCBA back on.
6. Keeping one hand on the SCB harness to ensure it does not fall, if there are holes in the floor. Use your other hand to check the area over your head once again for obstructions.
7. If there are obstructions, move again to a safe spot.
8. If there are no obstructions re-don the SCBA.
9. When donning the SCBA, you may use the "Coat" method or the "Over the Head" method. Utilizing either one of these methods, place the SCBA on your back centered high. Lean forward with the SCBA on your back and allow the shoulder straps to hang loose.
10. Take both hands and locate the chest strap. It is located just above the shoulder strap buckles on both sides and is quite a bit smaller than the shoulder straps. Follow those straps along to the plastic clasp for the chest straps. Align them, and push the ends together to connect them.



	Cincinnati Fire Department Fire Training Supplement DRILL BOOK	SECTION #7 RAT Skills & Evolutions
Date: January 2006	TOPIC TITLE: Self Rescue / Entanglement	Total # of Pages: 10
Section #: 7		Topic #: 18

11. Once the sternum strap is on, then tighten the shoulder straps. Then reach down and secure the waist strap.
12. At this point, you may take your tool and continue with your task or exit the building. Check your air supply as in may necessitate an immediate retreat from the building. Ensure that command is notified that you are free and disregard your mayday so the RAT team can exit the building as well.

It is not recommended that you use wire cutters in a blind cut of wires to free yourself. The high-pressure lines to your SCBA and the wires feel very similar in a blacked out situation. If you can bring the hazard out in front of you or if you can have your partner access the wires then cutting them is acceptable only if they cannot be quickly freed by moving them.