	<b>Cincinnati Fire Department Fire Training Supplement DRILL BOOK</b>	<b>SECTION #7 RAT Skills &amp; Evolutions</b>
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**TOPIC #19: EMERGENCY LADDER ESCAPE - HOOK 2 and REACH 4**


- This technique is a last ditch operation for firefighter self-survival. It is a quick way to achieve exit out a window in an emergency situation. The ladder escape is an unconventional technique in which the user should only use in emergency situations.
- **THIS IS NOT A HEADFIRST LADDER SLIDE.**
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- **THIS OPERATION CAN ONLY BE PERFORMED IF THE LADDER IS AT THE BASE OF THE WINDOW AND AT A LOW ANGLE.**
- **The escape procedure:**
  1. The firefighter places himself on the windowsill leaning out to the ladder in a controlled manner.
  2. Both hands are placed on the ladder beams as you lean further out the window.
  3. The right arm is placed like a hook under the second rung. Never grab the third rung! Just place your arm through the opening and HOOK the rung with your right arm in the area of your elbow.
  4. The left hand keeps sliding the beam until it is in the area of the fourth rung then the hand is moved over and grasps the fourth rung in the center.
  5. At this point his body is brought out of the window the legs should be bent up with knees folded. This allows the legs to get out of the window and not get stuck on the frame.
  6. Keeping the second rung hooked with your right arm and the fourth rung clasped with your left hand you should allow your body to rotate to the left on the beam of the ladder until your feet swing down and come in contact with the rungs.



Hook 2 (right hand) and slide to 4 with (left hand)




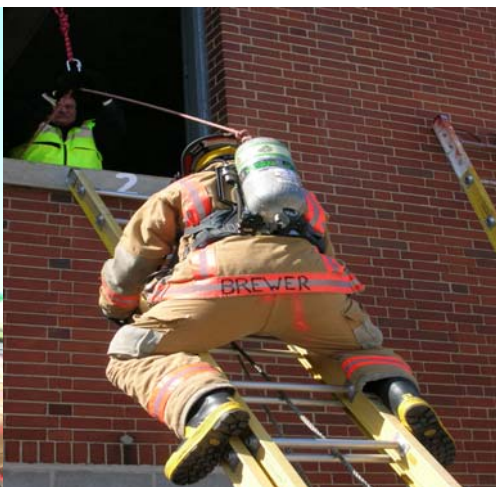
Knees to butt and let your body slide around –**DON'T GRASP RUNG WITH HAND AT THE 2<sup>nd</sup> RUNG**

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7. If the firefighter is alone he may then proceed to climb down the ladder in a normal manner.

- **Feet first ladder slide:**

1. If the escaping firefighter is part of a company and other members are escaping behind him he must remove himself from the ladder to make room for the others.
2. The knees are placed against the beams on the outside.
3. The firefighters' hands are placed on the underside of the beams.
4. The feet are placed on the top of the beams.
5. The firefighter should keep his chest away from the ladder keeping as straight up posture as possible.
6. As pressure is released from his hands the fighter will begin to slide down the ladder in a controlled manner.

	
<ul style="list-style-type: none"> <li>• Position on the ladder</li> <li>• Squat and place knees to outside of the beam</li> <li>• Grasp the underside of the beam</li> </ul>	<p>Bring feet out to the outside of the beam and then lean back and perform a controlled descent on the ladder. <b>Use your thighs to slow yourself down</b></p>

**\*NOTE IF THE FIREFIGHTER GRABS THE LADDER AT THE HOOK TWO POSITION OR GETS AN "OVER GRAB" ON THE THIRD RUNG A BROKEN WRIST COULD BE THE OUTCOME. ALSO IF THE FIREFIGHTER GRABS THE THIRD RUNG INSTEAD OF THE FOURTH IT COULD CAUSE HIM TO LOSE CONTROL AS HE SWINGS HIS LEGS AROUND.**