

Las Positas College
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Course Outline for FST 90A

FIRE FIGHTER I CERT PREP

Effective: Fall

I. CATALOG DESCRIPTION:

FST 90A — FIRE FIGHTER I CERT PREP — 2.00 units

Development of individual skills and basic knowledge necessary to perform the functions of a firefighter. Practice in donning breathing apparatus, knot tying, placing ladders, pulling hose, making water supply connections and using the incident command system.

1.50 Units Lecture 0.50 Units Lab

Prerequisite

FST 50 - Fire Protection Organization
 with a minimum grade of C

FST 51 - Fire Service Operations
 with a minimum grade of C

FST 52 - Fire Fighter Safety/Public Ed
 with a minimum grade of C
 and

FST 53 - Fire Behavior and Combustion
 with a minimum grade of C

FST 65 - First Respond Haz Mat/Incident
 with a minimum grade of C

FST 86 - WILDLAND FIREFIGHTER 1 - BASIC
 with a minimum grade of C

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with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

	<u>MIN</u>
Lecture Hours:	27.00
Lab Hours:	27.00
No Unit Value Lab	18.00
Total Hours:	72.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering the course a student should be able to:

- A. FST50
- B. FST51
- C. FST52

1. Recognize and correct common fire dangers in the home and/or work place;
2. Select and properly employ available firefighting appliances; e.g., fire extinguishers, hose lines, etc;
3. Select, maintain, and test detection devices;
4. Implement operation of Exit Drills In The Home (EDITH);
5. Describe safety considerations for fire fighters when dealing with emergency situations;
6. Explain the fire fighter's role and responsibilities in public education.

- D. FST53

- E. FST65
- F. FST86

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Don a breathing apparatus and face piece within 30 seconds;
- B. Write the rules for the safe movement and application of ladders;
- C. Perform a 1-person, 20' ladder raise and extension within one minute;
- D. Perform a 2-person, 30' ladder raise and extension within one minute;
- E. Calculate the safe working load for various rescue rope applications;
- F. Tie the clove hitch, square knot, overhand safety, figure-8 loop, quick-release half hitch, bowline, bowline-on-a-bight, 3-loop bowline, overhand bend and becket bend, each within 30 seconds;
- G. Describe the methods of water supply and fire attack application;
- H. Perform in-service, out-of-service, donut and self-locking donut hose rolls;
- I. Identify and describe various hose, nozzles, fittings, appliances and tools;
- J. Tie-off the pike pole, bottle, hose, axe and ladder for hoisting, each within one minute;
- K. Pull and advance the 1 1/2" live line within, one minute;
- L. Make a 2 1/2" forward lay connection to a hydrant, within one minute;
- M. Attach a hose clamp, pull a 2 1/2" supply line and connect to the suction inlet, within 1 minute;
- N. Make 5" forward lay connection to a hydrant, within one minute;
- O. Pull, advance and tie-off a 2 1/2" attack line for a poorman's deluge, within 1 minute 30 seconds;
- P. Tie a bowline around the waist and don a breathing apparatus with face piece, in preparation for a search, within one minute;
- Q. Complete the sequential-event, agility exam of: hose pull, wall climb, breathing apparatus donning, hosepack carry, hose roll hoist, and sledge hammer swing, within four minutes;
- R. Complete the three-step, stair walk with 220 passes, within ten minutes
- S. Communicate on a portable radio, using correct incident command terminology and division locations;
- T. Perform the ICS 100-200 duties in practice;
- U. Perform the First Responder Operational Hazardous Materials duties in practice;
- V. Work with culturally diverse groups as a team.

V. CONTENT:

- A. Physical agility
- B. Safety procedures and program orientation
- C. Ladder operations
 - 1. Terminology
 - 2. Selection criteria
 - 3. Construction
 - 4. Maintenance
 - 5. Carries and raises
 - 6. Text
- D. Rope management
 - 1. Construction
 - 2. Maintenance
 - 3. Safe working load
 - 4. Knot tying and tool hoisting
- E. Breathing apparatus
 - 1. Safety equipment
 - 2. Donning procedure
 - 3. Maintenance and refill
- F. Peaked roof ventilation evolution
- G. Structure search

VI. METHODS OF INSTRUCTION:

- A. Lecture with student questions encouraged
- B. Sample tools, video, overlays, slides
- C. Working in simulated tension of fire ground provided during the skills development.
- D. Use of protective equipment and proper tool movement procedures are constantly stressed.
- E. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Timed operation of donning breathing apparatus
- B. Ground ladders will be raised in a safe and expedient manner
- C. Incident command system shall be put in effect by student

VIII. EVALUATION:

- A. **Methods**
 - 1. Exams/Tests
 - 2. Quizzes
 - 3. Home Work
 - 4. Lab Activities
 - 5. Other:
- B. **Frequency**

IX. TYPICAL TEXTS:

- 1. - *Essentials of Firefighting*. 3rd ed., IFSTA Publications, 0.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Firefighter 1 uniform shirt, black pants, work boots, gloves
- B. Turnout coat, pants, helmet