

Las Positas College  
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## Course Outline for FST 70A

### RESCUE PRACTICES

Effective: Fall 1995

#### I. CATALOG DESCRIPTION:

FST 70A — RESCUE PRACTICES — 2.00 units

Fire incident search and evacuation principles. Implementation of auto incident safety, access, first aid, extrication and removal operations. Wildland incident search procedures, knot tying and slope evacuation skills. Simulated automobile incident rescue exercises.

2.00 Units Lecture

#### **Strongly Recommended**

FST 90A - Fire Fighter I Cert Prep  
with a minimum grade of C  
and

FST 90B - Fire Fighter I Cert Prep B  
with a minimum grade of C

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#### **Grading Methods:**

Letter Grade

#### **Discipline:**

	<b>MIN</b>
<b>Lecture Hours:</b>	36.00
<b>Total Hours:</b>	36.00

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

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

- A. FST90A
- B. FST90B

#### IV. MEASURABLE OBJECTIVES:

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

- A. Apply the S.A.F.E.R. rescue principles to fire, automobile, and wildland incidents;
- B. Perform basic structure fire search and patient evacuation;
- C. Improvise and adapt with different tools and techniques for automobile rescue entry, extrication, and patient removal;
- D. Conduct basic rappel patient escort and Stokes basket lowering ground school exercises.

#### V. CONTENT:

##### A. SESSION-1

1. S.A.F.E.R. overview
2. Rope management
3. Safe working load calculation
4. Rescue knots
  - a. clove hitch
  - b. square knot
  - c. overhand safety knot
  - d. figure-8 loop
  - e. quick-release half hitch
  - f. bowline
  - g. 3-loop bowline
  - h. bowline on a bight
  - i. overhand bend
  - j. Prusik

5. Reading Assignments:
  - a. S.A.F.E.R. Rescue Overview
  - b. Incident Size-up
  - c. Rope Management
6. Practice basic knots
- B. SESSION-2
  1. Forcible entry techniques
    - a. breaking windows
    - b. opening doors
    - c. breaching walls
  2. Structure fire search procedures
    - a. search patterns
    - b. satellite strap search
    - c. O.A.T.H. signal system
  3. Evacuation techniques
    - a. ladder escort
    - b. ladder slide
    - c. ladder derrick lowering
  4. Reading assignment:
    - a. Structure Fire Rescue Procedures
- C. SESSION-3
  1. Wildland search procedures
  2. Rappel procedures
    - a. Swiss seat
    - b. hasty chest harness
    - c. figure-8 and round turn belay
    - d. rappel tie-off
  3. Reading assignment:
    - a. Wildland Rescue Procedures
- D. SESSION-4
  1. Slope evacuation
    - a. picket holdfast anchor
    - b. bowline belay and trail sling
    - c. Stokes set-up
    - d. patient fastening
    - e. rappeller quick-release to basket
  2. Practice applied knot systems
- E. SESSION-5
  1. S.A.F.E.R. automobile rescue
    - a. size-up
    - b. safety
    - c. access
    - d. first aid
    - e. extrication
    - f. removal
    - g. supplemental operations
  2. Reading assignments:
    - a. Automobile Rescue Procedures
    - b. Electrical Hazards
- F. SESSION-6
  1. Collision rescue
    - a. S.A.F.E.R. review
  2. Patient immobilization
    - a. manual head support and C-collar application
    - b. Kendrick extrication device
    - c. short spine board
    - d. long board
  3. Patient removal
    - a. C-spine blanket drag
    - b. long board slide
    - c. long board bridge
    - d. rock-lift
    - e. pike pole carry
    - f. strap vertical hoist
  4. Reading assignments
    - a. Patient Survey
    - b. Patient Immobilization and removal
- G. SESSION-7
  1. Principles of extrication
  2. Hurst tool
  3. Porta power
  4. Come-along
  5. Air chisel
  6. Cribbing
  7. Air bag
  8. Hand tools
  9. Reading assignments:
    - a. Vehicle Access and Patient Extrication
- H. SESSION-8
  1. Opening doors
  2. Flapping the roof
  3. Dash roll-up
  4. Moving the seat
  5. Pulling the steering column
  6. K.E.D. application
  7. Short board application
  8. Blanket drag
  9. Rock-lift
  10. Pike pole carry
  11. Auto rescue scenario functions

- a. role of the patient
  - b. rescuer functions
  - c. emergency medical functions
- 12. Review of all of the above
- I. SESSION-9
  - 1. Slope evacuation exercise
    - a. anchor system for rappel and basket belay
    - b. Stokes basket set-up and patient fastening
    - c. rappel and escort belay
  - 2. Patient immobilization and removal exercise
    - a. C-spine blanket drag
    - b. strap rock-lift
    - c. K.E.D. attachment and long board removal
  - 3. Review all of the above
  - 4. Practice applied knot systems

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Discussion** -
- C. Handouts
- D. Video
- E. Overhead transparencies

VII. TYPICAL ASSIGNMENTS:

VIII. EVALUATION:

- A. **Methods**
  - 1. Exams/Tests
  - 2. Quizzes
  - 3. Class Performance
- B. **Frequency**

IX. TYPICAL TEXTS:

- 1. S.A.F.E.R. Rescue controlled notes (handouts)

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Turnout coat
- B. Helmet
- C. Gloves
- D. Boots