

Breathe Down Drill

- Over 12,000 mayday calls analyzed:
- Highest Percentage of Maydays happen between the hours of **0000-0300**
- 54% of the time the 1st unit on scene is the one to call a mayday. 2nd unit accounts for 26%
- Most maydays are called between 20-35 minutes after arriving on scene
- 49% of the time, no 360 was completed
- Top 3 mayday types:
 - Lost/separated from hoseline = 18.3%
 - Air Problems = 16.1%
 - Floor Collapse = 15.9%
- Air Problems:
 1. Low Air = 47.4%
 2. Out of Air = 37.6%
- Types of Breathing Techniques:
 1. Skip Breathing – two inhales before exhale
 2. Box Breathing – In for 4 seconds, hold 4, exhale 4, hold 4.
 3. Humming – Inhale, then hum on the exhale.
- Low Air Maydays:
 1. No Air Checks from Command = 52%
 2. Went too far into structure/ did not manage air = 78%
 3. Fatigued/Tired = 58%
- Out of Air Maydays:
 1. “Thought I had enough air to exit” = 91%
 2. “Other members had air, thought I was ok” = 84%

Breathe Down Stations:

- Adjust number of stations according to number of on duty personnel.
- Have one more station than you have members to avoid bottlenecks.
- Use transfill station as a “cash out” ...meaning it should be done once you’re done.
 - Never exclude transfill station

<u>Station</u>	<u>Setup Needs</u>
1. Dummy Drag	Ol’ Built Tuff
2. Hose Hump	1 roll of 2 ½ and E290 discharge caps x2
3. Hose Pack Carry	Hose Bundle from hose rack
4. Ceiling Pull	1 barbell and the green resistance band
5. Farmer Carry	2 buckets with bagged drysorb or 40lb dumbbells
6. 20 Cal Bike	Airbike upstairs
7. Full Gear CPR	Manikin Downstairs
8. Sandbag Lift	Red Sandbag upstairs
9. Tire Strike	Tire and Sledge
10. Ladder Throw	E290 24’ extension ladder
11. Transfill	E290 RAT bag and spare bottles

Dummy Drag:

1 Rep

Good weather: Drag dummy from bunk room man door, around the tree and to the corner of the building = 1 Rep

Bad Weather: Drag dummy one lap around T90 = 1 Rep



SandBag Lift:

4 reps

(Meant to simulate lifting a victim out of a window)

Pick up sandbag and set it on the half-step below the ladder compartment on E90, yank it off and let it fall = 1 rep



Farmer Carry:

1 Rep

(Meant to simulate Edraulic tools or K saw)

Use two sand buckets or 2x40lb dumbbells

Good Weather: T90 rear bay door to back apron drain and back = **1 Rep**

Bad Weather: 1 lap around E90 = **1 Rep**



Hose Hump

1 Rep

2 ½ filled via garden hose and capped at both ends with E290 discharge caps

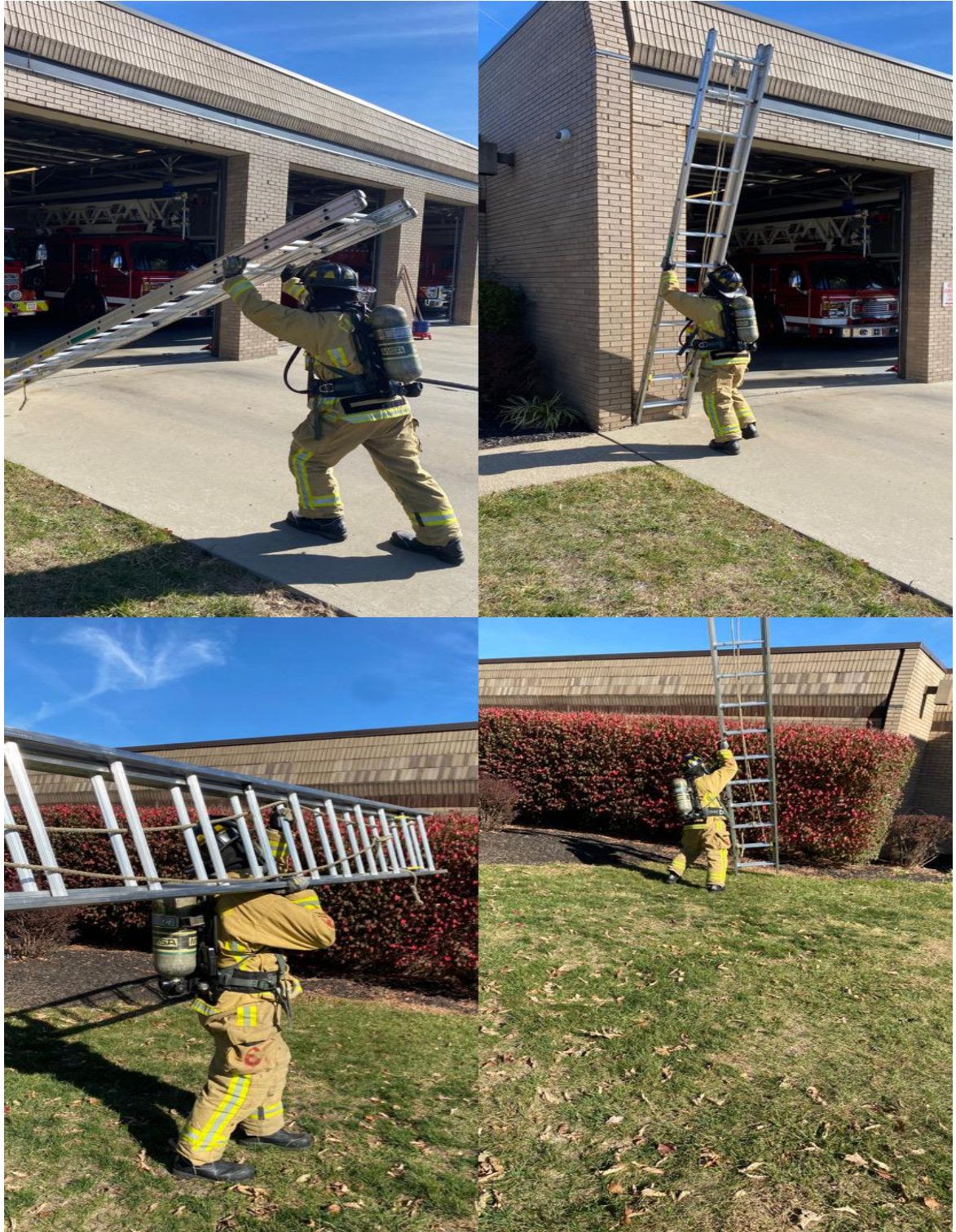
Move from being completely inside of one bay, onto the apron and completely into an adjoining bay = **1 Rep**



Ladder Throw

1 rep

Solo throw a 24' Ladder



Hosepack carry

3 Reps

Shoulder a hose-pack and climb the rolling stairs by the ice machine. Up and down = **1 rep**

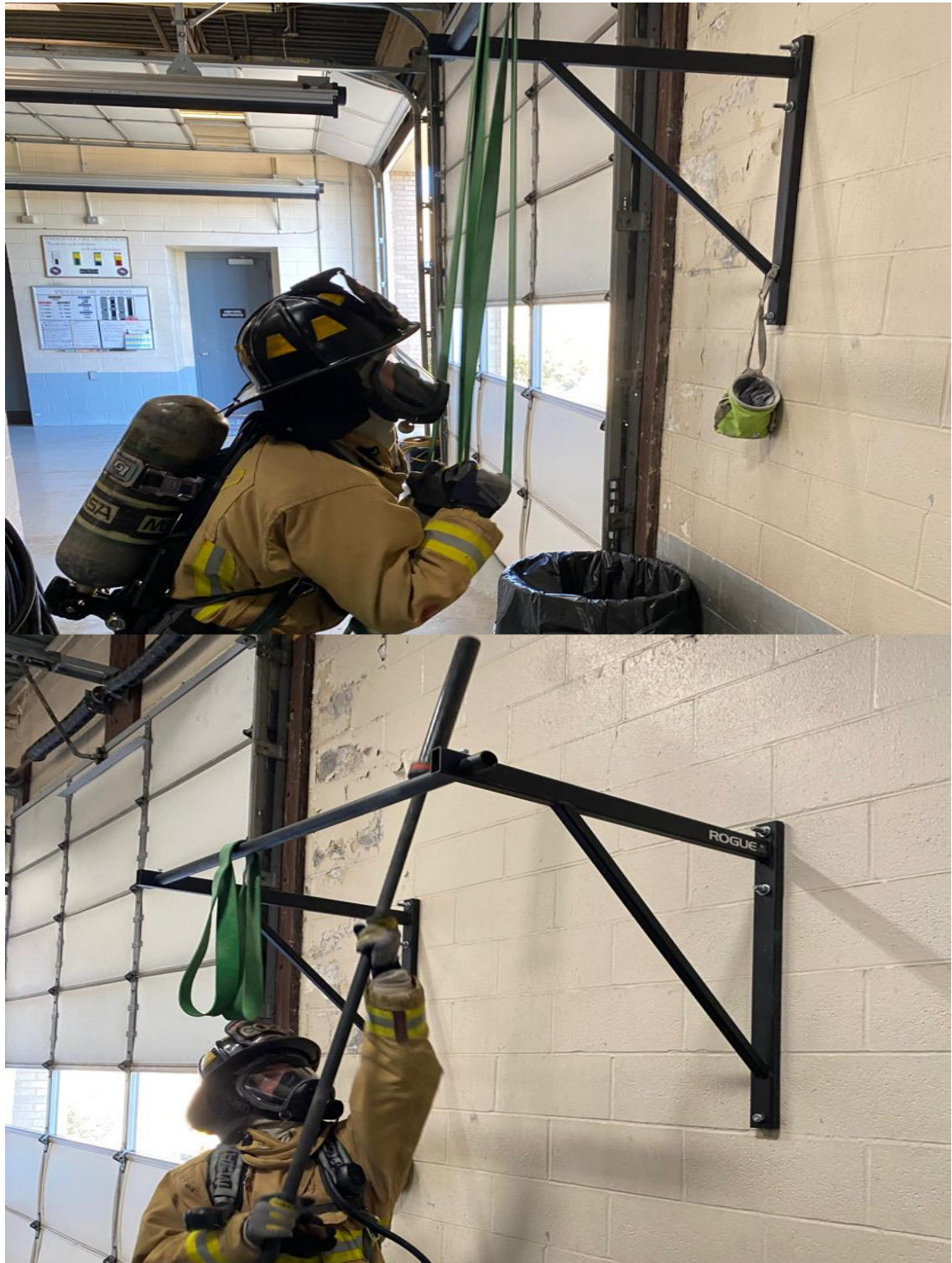


Ceiling Pulls

10 pulls

10 pushes

Use a 45lb barbell and raise it 10 times
Use the resistance band and pull it 10 times

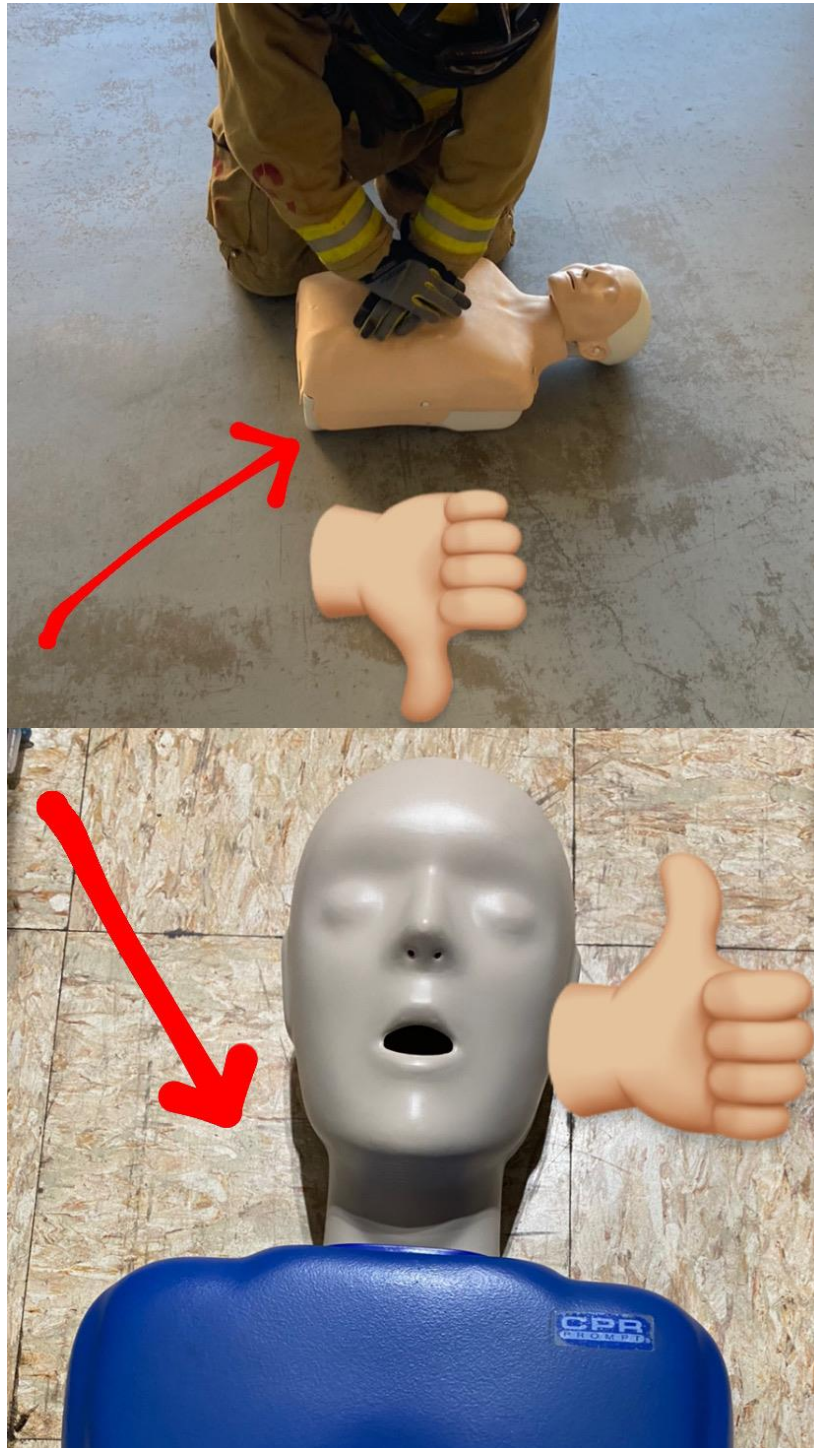


CPR

2 minutes

In gear; performed on a manikin

PLEASE USE BLUE MANAKIN



Bike

20 calories

20 calories on the AirBike



Tire Strike

Move Tire 6 feet via Sledge



Transfill with the UAC in the red room

1 rep as victim, 1 rep as rescuer

Using E290 RAT bag; turn the lights out, go in, lay down, and get one rep in as the victim, and one as the rescuer.

The goal is to get the UAC found and connected in low light conditions, not to fully transfill.

