



PEA RIDGE FIRE DEPARTMENT

CORE COMPETENCY DRILL



Building Construction—Joist Spacing

DESCRIPTION AND EXPECTED PERFORMANCE: Properly negotiate a simulated joist walk/maze in full protective SCBA and Gear without falling off of the simulated joists. The Captain may choose to limit visibility or dark out the environment completely.

Length: 2 HOURS

REFERENCE: NFPA standards 1001 for fire-fighting; reference IFSTA Essentials of Fire-fighting; current edition.

Equipment, Props, Information or Other Resources Needed: Multiple ground ladders or a simulated ceiling joist system and full protective gear. You must wear SCBA, but breathing with the regulator is not required.

INSTRUCTIONS FOR THIS CORE COMPETENCY DRILL

Floor Joist PowerPoint

<https://pearidgeems.org/wp-content/uploads/2024/01/Foor-Joists.pdf>

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Discussion:

Take a moment to review cases studies where firefighters have fallen through roofs and ended up below the roof's surface onto the ceiling joists below. In some cases, maybe falling all the way to the ground level.

There are times where entry from the attic access on the interior may be needed in order to locate the fire/heat source. Negotiating a confined area and remembering only to walk on the joists may be overwhelming and dangerous if you don't practice this skill.



Ladder Beam Walk and Crawl:

Perform this with normal duty uniform on first. Get the feel and see what the difference is when you do this drill with full gear on.

Layer 2 ladders down, extend out if using an extension, end to end.

Have a firefighter at each end maintain stability of the ladder

Start at one end, walk all the way down, turn around, walk all the way back on the beams only. Perform 3 down and back trips.

You FAIL if you step on a rung or off of the beam at any time.

Ladder Beam Walk and Crawl:

Now—With full gear and SCBA, perform the above.

Careful and Controlled