



# PEA RIDGE FIRE DEPARTMENT

## CORE COMPETENCY DRILL



### PPE—SCBA—SCBA Shift and Dump

**DESCRIPTION AND EXPECTED PERFORMANCE:** Practice exiting a constricted passage while wearing SCBA and without losing the integrity of the facepiece seal or interrupting the air supply from the SCBA. Successfully negotiate both a simulated wall breach and a restricted crawls space. Be careful not to damage SCBA or Bunker gear on abrasive concrete or other materials.

**Length: 2 HOURS**

**REFERENCE:** PRFD S.O.G.s for Evacuation & Mayday Procedures, interior tactics, and communications. Review current NFPA standards for escape practices for potentially trapped firefighters in an IDLH environment.

**Equipment, Props, Information or Other Resources Needed:** Your personally assigned bunker gear, full SCBA (training pack preferred), and a blacked-out or training face-piece. A larger ground ladder or specific ground props may be utilized for this drill. NFPA and SOG access online. Ensure that there are **NO destructive surfaces or jagged edges** that will TEAR UP good bunker gear.

## INSTRUCTIONS FOR THIS CORE COMPETENCY DRILL



1

**Breaching a Simulated Wall:** Sometimes, the hardest thing about training is using your imagination. We would like to focus on what keeps us out of situations like this, but sometimes, it's out of your control!

Take your training serious, and have fun!



**Take your time and get to know your own capabilities in using your bunker gear and the SCBA.**

**Restricted Openings:**  
Any opening that does not allow you to easily move through it or around it, may require you to perform a tank shift or a tank dump.

You **MUST** stay connected to your life-saving, air source. Breaking the seal and breathing in just one breath of super-heated, toxic gasses can kill you.

*Practice until you can't get it wrong!*



**EVERYONE GOES HOME®**  
Firefighter Life Safety Initiatives by the National Fallen Firefighters Foundation

**Are You Mentally Prepared to Get Out?**

**Situation You Could Find Yourself In:**  
First and foremost, it is NEVER shameful or wrong to call for help; CALL THE MAYDAY!

*Ceiling, wall or structure collapse, blocked egress, changing conditions, and a myriad of different factors. Are you trapped in a utility room, closet or a basement? This will at some point in your career, require you to use these skills.*

*Practice as though your life depends on it.*