



PEA RIDGE FIRE DEPARTMENT

CORE COMPETENCY DRILL



PPE—SCBA—Breathing Techniques

DESCRIPTION AND EXPECTED PERFORMANCE: Each member is going to utilize breathing techniques to conserve air in their cylinder. All members will breath a bottle till the Vibe alert goes off. At that point they shall sit and use breathing techniques to see how long they are able to breath till the mask sucks to their face.

Length: 2 HOURS

REFERENCE: PRFD S.O.G.s

Equipment, Props, Information or Other Resources Needed: Your personally assigned bunker gear, full SCBA (training pack preferred),

INSTRUCTIONS FOR THIS CORE COMPETENCY DRILL

YouTube Training Video

SCBA Breathing Techniques ([youtube.com](https://www.youtube.com))

Breathing Techniques

1. Skip Breathing
2. Tactical Breathing
3. Reilly Breathing
4. Wheel Breathing

