



# PEA RIDGE FIRE DEPARTMENT

## CORE COMPETENCY DRILL



### Technical Rescue Support—3 to 1s (Zrigs)

**DESCRIPTION AND EXPECTED PERFORMANCE:** To perform quick and efficient setup ground support operations for basic incidents involving small rope rescue incidents, low angle rescue to setting up for high-angle rescue. To make aware of the notification structure and setup of an area to perform safe ops.

**Length: 2 HOURS**

**REFERENCE:** NFPA 1001-1002 Standards. Firefighting Essentials, current ed. IFSTA. PRFD SOPs and Guidelines related rescue core concepts and ropes.

**Equipment, Props, Information or Other Resources Needed:** Rope rescue equipment for low-angle, z-rigging, tri-pod familiarization, swift water initial reach and throw, and other equipment as deemed necessary by the Captain for review.

## INSTRUCTIONS FOR THIS CORE COMPETENCY DRILL

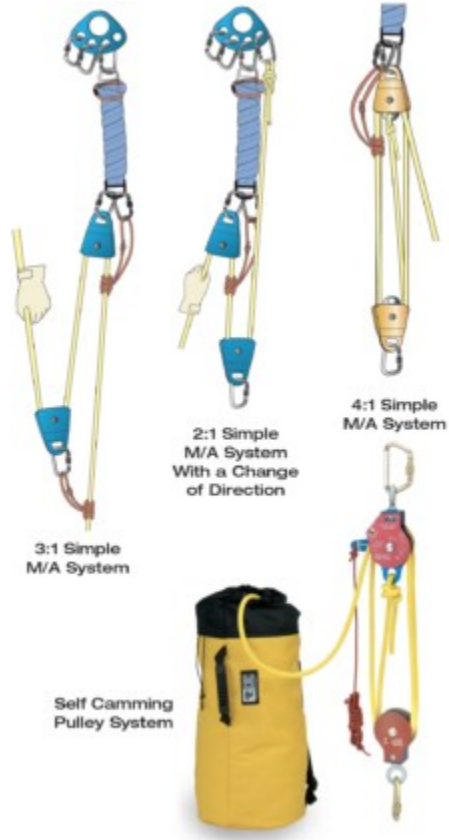


**EVERY CREW, EVERY FIREFIGHTER**

Should have a hands-on look and feel of special rescue equipment. YOU MAY BE ALL THERE IS available to do the rescue; the initial and only response. Special TRT teams may take a long time to gather and respond to the scene.

It is vital that you can do the basic of functions for setting up equipment, marking off, securing an area, and assisting Techs with putting on the gear.

Have some fun with this drill and get out the equipment and play! Take turns INDIVIDUALLY SETTING UP THE EQUIPMENT. This really burns I into memory.



**Make SURE THAT ALL MEMBERS can tie even the basics of rescue knots**

See the following page with all of the examples of knots. Tie them, time members, perfect practice makes perfect.

Each member should be able to setup a Z-rig by themselves. Practice until proficient.

Bring out the stokes and/or SKED. Each member should be able to securely tie someone into these devices. Use other members as simulated patients.

# Grog's Index of Search and Rescue Knots

