• **Wayne Goodwin** - Commissioner of Insurance, State Fire Marshal

• **Rick McIntyre** - Assistant State Fire Marshal, Senior Deputy of OSFM
Deputy Director’s

• Kelly Ransdell - Deputy Director of Prevention and Grants

• Wayne Bailey - Deputy Director NC Fire and Rescue Commission
Training Staff Personnel

Derrick Clouston
Field Training Supervisor
Derrick.Clouton@ncdoi.gov

Jonathan Sowers
Field Training Specialist
Jonathan.Sowers@ncdoi.gov

Vincent Marks
Field Training Specialist
Vincent.Marks@ncdoi.gov

Shawn Haynes
Field Training Specialist
Shawn.Haynes@ncdoi.gov

Tony Robinson
Field Training Specialist
Tony.Robinson@ncdoi.gov

Brian Wade
Field Training Specialist
Brian.Wade@ncdoi.gov
Commission Staff Personnel

Mike Edwards
Eastern Regional Certification Specialist
Mike.Edwards@ncdoi.gov

Scott Hackler
Piedmont Regional Certification Specialist
Scott.Hackler@ncdoi.gov

Michael Caviness
Western Regional Certification Specialist
Michael.Caviness@ncdoi.gov
Contact Personnel

Kim Williams
1-800-634-7854 Ext. 321
kim.williams@ncdoi.gov
Contact Personnel

Carol McDermott

carol.mcdermott@ncdoi.gov

919-661-5880 ext. 329
Toll Free
1-800-634-7854
Direct
(919) 661-5880
Fax
(919) 662-4670
www.ncdoi.com/osfm
Fire Fighter Instructor Requalification

NFPA 1001 Standard
2013 edition
Information and Assistance

FIRE AND RESCUE PERSONNEL

SAFE KIDS NORTH CAROLINA / INJURY PREVENTION PROGRAMS

ENGINEERING AND CODES

MANUFACTURED (HUD) HOMES AND MODULAR BUILDINGS

PYROTECHNIC OPERATOR CERTIFICATION

FIRE SAFETY PROGRAMS

STATE AGENCY AND UNIVERSITY INSURANCE

News

- January 31, 2014 -- NCDOI Office of State Fire Marshal and NC Baptist Aging Ministry Team Up to Help Seniors Stay Safe
- December 19, 2013 -- State Fire Marshal: Celebrate Safely this Holiday Season
- November 26, 2013 -- Safe Kids Urges Button Battery Awareness

Resources

- Fire Department/Rescue/EMS Directory

Make a Suggestion

If you have any ideas to improve how NCDOI serves you, let us know through our online Suggestion Box.
Fire and Rescue Commission

Division Overview

- Serves as staff to the Fire and Rescue Commission
- Coordinates and operates the State Fire and Rescue Incident Reporting System (NFIRS)
- Serves as State representative, coordinating programs developed and offered by the US Fire Administration and the National Fire Academy.
- Manages the state's voluntary certification system comprised of 32 subjects, in which more than 100,000 fire and rescue personnel participate. Fourteen certification programs are active including: Firefighter, Instructor, Technical Rescuer, Fire and Life Safety Educator, Fire Apparatus Driver/Operator, Emergency Vehicle Driver, Hazardous Materials Responder, Fire/Arson Investigator, Fire Officer, Marine Shipboard Firefighter, Firefighter, Airport Firefighter, Chief 101, RIT and Wildland.

NOTE:

Firefighter FF, Instructor, Haz Mat, Driver Ops, EVD, Fire Officer, Technical Rescuer, FLSE, Marine Shipboard Firefighter, Airport Firefighter are accredited by the International Fire Service Accreditation Congress (IFSAC). Instructors, FLSE, and Fire Officers are accredited by the National Fire Protection Association (NFPA).
Pocket Tools Training

Pocket Tools Training are short, interesting, informative, and interactive training snippets for the fire and rescue community to watch during any free time or during shift time.

Brought to you by the North Carolina Department of Insurance, Office of State Fire Marshal.

Health and Wellness - Pocket Tools

Health and Wellness

Pocket Tools Training
Fire and Rescue Commission

Certification and Training - Courses

Choose:

Courses...

To view information related to each course, select the course from the drop-down list.
NCFRC Instructor Qualifications
Fire and Rescue Commission

Certification and Training - Forms and Policies

- Recertifications Revisions
- Certification Application
- Change of Address/Dept Affiliation Form
- policy and procedures for delivery agencies

Certification Courses

- Course List for Fire Fighter, Driver Operator, FLSE
- Course List for Technical Rescuer
- Combo Course Listing

Resources
- Print Transcript
- Instructor Training Schedule
- Fire Rescue Training
- General Statutes
Certification vs. Qualification

Certification
- Means a person has taken a class
- Once certified, always certified

Qualification
- Means a person can teach a class
- Must take requalification class every 5 years or as the Standard changes
- Failure to do so will result in losing their qualification in that subject
NCFRC Instructor Qualification Subjects

An Instructor II may qualify within eight (8) different qualification areas. They are:

- Firefighter
- Technical Rescuer
- Driver/Operator
- Hazardous Materials Responder
- Firefighter Specialty
- Rescue Specialty
- Fire Officer
- Fire Life Safety Educator
Checklist for Testing Review

Checklist for testing

All cell phone and pagers should be turned off or placed in silent mode.

Practical Exam

☐ You must pass the practical exam by a minimum score of 70% to set for the written exam.

☐ If you fail the practical exam on the first attempt, you can retest once more with no coaching from the instructor. If you fail a second time you will have to retake the complete course again.

☐ Tested candidates must be separated from the untested candidates until the testing session is completed.

Written Exam

☐ Candidates must be seated one foot apart from each other.

☐ Fill out the candidate’s information on the response sheet.

☐ There are ______ questions on the exam and you have ______ minutes to complete it.

☐ You must make a 70% for a passing score.

☐ Any candidate receiving less than a 70% grade will be notify by the local delivery agency and allowed to retest once more at the local delivery agency.

☐ Do not make any marks on the exam.

☐ No talking during the exam and no cheating allowed. This will cause you to receive a failing score.

☐ Should you have a question about an exam question, raise your hand, I will come to you and can only read the question aloud to you.

☐ There is only one correct answer for each question. Unmark and/or two mark answers will be counted wrong.

☐ If you should want to change your marked answer, completely erase, or if you are using an ink pen, put an X through the one you want change and mark your other choice.

☐ Once you complete the exam, turn in both the exam and the response sheet and you can either leave the room or remain at your seat quietly.
Firefighter Life Safety Initiatives

Duty and responsibility --
Make EVERY DAY a TRAINING DAY....so that...
EVERYONE GOES HOME!
Firefighter Maintenance Program

- Regular Medical Check-ups
  - Yes, they can be a pain, but if you don’t do it for you – do it for those who need you.

- Regular Exercise
  - Even walking makes a BIG difference!
  - Walk a mile a day and watch the changes.

- Eat Healthy
  - Think about what you are eating, and then picture operating interior at a working fire 30 minutes later.
  - Now, what do you want to eat?
Firefighter Rehab Guidelines

- Stop before you drop.
  - Cool down when hot
  - Warm up when cold
  - Dry off when wet

- Stay hydrated with non-caffeinated drinks.

- Monitor vital signs.
Interior Firefighting Plan

- Work as a team!
- Stay together!
- Stay oriented!
- Manage your air supply!
- Get off the apparatus with tools and a thermal imager for EVERY interior operating team!
- A radio for EVERY member!
- Provide constant updates!
- Constantly assess the Risk/Benefit model!
Instructor Resources

- 6th Edition Brady IFSTA Essentials of Fire Fighting
- 3rd Edition Jones & Bartlett Fundamentals of Firefighter Skills
- The lesson plans and practical skills are available to anyone to print and use.
### 5.1 General.

For qualification at Level I, the firefighter candidate shall meet the general knowledge requirements in 5.1.1; the general skill requirements in 5.1.2; the JPRs defined in Sections 5.2 through 5.5 of this standard; and the requirements defined in Chapter 5, Core Competencies for Operations Level Responders, and Section 6.6, Mission-Specific Competencies: Product Control, of NFPA 472, Standard for Competence of Responders to Hazardous Materials/Weapons of Mass Destruction Incidents. The text of Section 5.1 has been revised by a tentative interim amendment (TIA). See page 1.

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For qualification at Level I, the firefighter candidate shall meet the general knowledge requirements in 5.1.1; the general skill requirements in 5.1.2; the JPRs defined in Sections 5.2 through 5.5 of this standard; and the requirements defined in Chapter 5, Core Competencies for Operations Level Responders, and Section 6.6, Mission-Specific Competencies: Product Control, of NFPA 472, Standard for Competence of Responders to Hazardous Materials/Weapons of Mass Destruction Incidents.
### 5.1.1 General Knowledge Requirements.

| The organization of the fire department; the role of the Fire Fighter I in the organization; the mission of fire service; the fire department’s standard operating procedures (SOPs) and rules and regulations as they apply to the Fire Fighter I; the role of other agencies as they relate to the fire department; aspects of the fire department’s member assistance program; the importance of physical fitness and a healthy lifestyle to the performance of the duties of a fire fighter; the critical aspects of NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*, as they apply to the Fire Fighter I; knot types and usage; the difference between life safety and utility rope; reasons for placing rope out of service; the types of knots to use for given tools, ropes, or situations; hoisting methods for tools and equipment; and using rope to support response activities. |

### 5.1.1 General Knowledge Requirements.

| The organization of the fire department; the role of the Fire Fighter I in the organization; the mission of fire service; the fire department’s standard operating procedures (SOPs) and rules and regulations as they apply to the Fire Fighter I; the value of fire and life safety initiatives in support of the fire department mission and to reduce fire fighter line-of-duty injuries and fatalities; the role of other agencies as they relate to the fire department; aspects of the fire department’s member assistance program; the importance of physical fitness and a healthy lifestyle to the performance of the duties of a fire fighter; the critical aspects of NFPA 1500, *Standard on Fire Department Occupational Safety and Health Program*. |
### 5.1.2 General Skill Requirements.

| The ability to don personal protective clothing **within 1 minute**; doff personal protective clothing and prepare for reuse; hoist tools and equipment using ropes and the correct knot; and locate information in departmental documents and standard or code materials. | The ability to don personal protective clothing, doff personal protective clothing and prepare for reuse, hoist tools and equipment using ropes and the correct knot, and locate information in departmental documents and standard or code materials. |
### 5.2.4 Activate an emergency call for assistance, given vision-obscured conditions, PPE, and department SOPs, so that the fire fighter can be located and rescued.

<table>
<thead>
<tr>
<th><strong>(A) Requisite Knowledge.</strong></th>
<th>Personnel accountability systems, emergency communication procedures, and emergency evacuation methods.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>(B) Requisite Skills.</strong></td>
<td>The ability to initiate an emergency call for assistance in accordance with the AHJ’s procedures, the ability to use other methods of emergency calls for assistance.</td>
</tr>
</tbody>
</table>
5.3 Fireground Operations.

This duty shall involve performing activities necessary to ensure life safety, fire control, and property conservation, according to the JPRs in 5.3.1 through 5.3.19.

5.3.1*

Use self-contained breathing apparatus (SCBA) during emergency operations, given SCBA and other personal protective equipment, so that the SCBA is correctly donned and activated within 1 minute, the SCBA is correctly worn, controlled breathing techniques are used, emergency procedures are enacted if the SCBA fails, all low-air warnings are recognized, respiratory protection is not intentionally compromised, and hazardous areas are exited prior to air depletion.

Use self-contained breathing apparatus (SCBA) during emergency operations, given SCBA and other personal protective equipment, so that the SCBA is correctly donned, the SCBA is correctly worn, controlled breathing techniques are used, emergency procedures are enacted if the SCBA fails, all low-air warnings are recognized, respiratory protection is not intentionally compromised, and hazardous areas are exited prior to air depletion.
5.3 Fireground Operations

<table>
<thead>
<tr>
<th>5.3.20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tie a knot appropriate for hoisting tool, given personnel protective equipment, tools, ropes, and an assignment, so that the knots used are appropriate for hoisting tools securely and as directed.</strong></td>
</tr>
</tbody>
</table>

(A) **Requisite Knowledge.** Knot types and usage; the difference between life safety and utility rope; reasons for placing rope out of service; the types of knots to use for given tools, ropes, or situations; hoisting methods for tools and equipment; and using rope to support response activities.

(B) **Requisite Skills.** The ability to hoist tools using specific knots based on the type of tool.
## 5.3 Fireground Operations

<table>
<thead>
<tr>
<th>5.3.14</th>
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<tbody>
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</tr>
<tr>
<td>Conserve property as a member of a team, given salvage tools and equipment and an assignment, so that the building and its contents are protected from further damage.</td>
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</tr>
<tr>
<td>(A) Requisite Knowledge. The purpose of property conservation and its value to the public, methods used to protect property, types of and uses for salvage covers, operations at properties protected with automatic sprinklers, how to stop the flow of water from an automatic sprinkler head, identification of the main control valve on an automatic sprinkler system, and forcible entry issues related to salvage.</td>
<td>(A) Requisite Knowledge. The purpose of property conservation and its value to the public, methods used to protect property, types of and uses for salvage covers, operations at properties protected with automatic sprinklers, how to stop the flow of water from an automatic sprinkler head, identification of the main control valve on an automatic sprinkler system, and forcible entry issues related to salvage, and procedures for protecting possible areas of origin and potential evidence.</td>
</tr>
</tbody>
</table>
### 5.3 Fireground Operations

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>5.3.20</strong></td>
<td>Tie a knot appropriate for hoisting tools, given personnel protective equipment, tools, ropes, and an assignment, so that the knots used are appropriate for hoisting tools securely and as directed.</td>
</tr>
<tr>
<td><strong>(A) Requisite Knowledge.</strong></td>
<td>Knot types and usage; the difference between life safety and utility rope; reasons for placing rope out of service; the types of knots to use for given tools, ropes, or situations; hoisting methods for tools and equipment; and using rope to support response activities.</td>
</tr>
<tr>
<td><strong>(B) Requisite Skills.</strong></td>
<td>The ability to hoist tools using specific knots based on the type of tool.</td>
</tr>
</tbody>
</table>
This duty shall involve performing activities that reduce the loss of life and property due to fire through response readiness, according to the JPRs in 5.5.1 and 5.5.2.
<table>
<thead>
<tr>
<th>6.5 <strong>Prevention, Preparedness, and Maintenance.</strong></th>
<th>6.5 <strong>Fire and Life Safety Initiatives, Preparedness, and Maintenance.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>This duty shall involve performing activities related to reducing the loss of life and property due to fire through hazard identification, inspection, and response readiness, according to the JPRs in 6.5.1 through 6.5.5.</td>
<td>This duty shall involve performing activities related to reducing the loss of life and property due to fire through hazard identification, inspection, and response readiness, according to the JPRs in 6.5.1 through 6.5.5.</td>
</tr>
<tr>
<td><strong>6.5.1</strong></td>
<td><strong>6.5.1</strong></td>
</tr>
<tr>
<td>Perform a fire safety survey in a <strong>private dwelling</strong>, given survey forms and procedures, so that fire and life safety hazards are identified, recommendations for their correction are made to the occupant, and unresolved issues are referred to the proper authority.</td>
<td>Perform a fire safety survey in an <strong>occupied structure</strong>, given survey forms and procedures, so that fire and life safety hazards are identified, recommendations for their correction are made to the occupant, and unresolved issues are referred to the proper authority.</td>
</tr>
</tbody>
</table>
Changes to the Firefighter Lesson Plans

- Only combination classes (FF1/2) can be taught, a student can only be certified as FF 2.

- Health and Wellness Lesson Plan

- Mayday and Self-Survival Lesson Plan

- Mayday is the NFA “Calling the Mayday”
Changes to the Firefighter Lesson Plans

- All changes within the lesson plans have been highlighted.

- Building Construction Lesson Two EO 5 – Added a line “Discuss lightweight construction as it relates to wood frame buildings”.

- Building Construction Lesson Two – Add a new EO 8 “The Firefighter candidate shall correctly identify in writing firefighting concerns found within “Green” construction.

- Building Construction Lesson Three EO 1 – Added a line “Discuss the term Lightweight Wooden I-Beam.

- Building Construction Lesson Three – Added additional information to the summary in regards to the hazards of lightweight construction.
Changes to the Firefighter Lesson Plans

- PPE Lesson 1 EO 1 – Added information on NFPA 1851

- PPE Lesson 6 EO 2 – Deleted the time frame for donning and doffing SCBA and replaced with “Within a time frame established by the AHJ”.

- PPE Lesson 7 EO 2 – Added a new NOTE stating that by breathing from the by-pass valve the air will rapidly deplete.

- PPE Lesson 7 EO 3 – NOTE stating that RIC training is advanced and notes that NFPA 1407 has further information.

- Alarms & Communications Lesson 1 EO 1 – Added in a section to discuss NFPA 1221.
Changes to the Firefighter Lesson Plans

- Emergency Medical Care Lesson 1 – Added a new EO that has the candidate define HIPPA laws.

- Fire Behavior Lesson 2 EO 8 – Added number 7 which asks the instructor to discuss flammable/explosive range.

- Fire Behavior Lesson 4 EO 4 – Added number 3 which asks the instructor to provide information on the heat release rate of a fuel or fuel package.

- Fire Control Lesson 1 EO 1 – Added number 3 which asks the instructor to reiterate the signs of thermal layering, flashover, backdraft and how attack crews should mitigate these situations.

- Fire Control Lesson 1 EO 3 – Added a NOTE that advises the importance of approaching burning vehicles from a side angle.
Changes to the Firefighter Lesson Plans

- Hose, Appliances, and Streams Lesson 2 EO 5 – added information on different methods that can be used to advance an attack line.

- Ladders Lesson 1 – Added instructor statements regarding the safety of deploying different types of ladders.

- Merged Overhaul and Salvage together. They are still distinct lesson plans; however, they have been grouped into Loss Control.

- Loss Control – Salvage Lesson 2 – Added an additional EO that requests that candidates be taught methods for protecting points of origin while conducting loss control efforts.
Changes to the Firefighter Lesson Plans

- Loss Control – Overhaul Lesson 3 EO 2 – added information on the use of thermal imaging cameras during the overhaul phase.

- Foam Fire Streams Lesson 2 – added a new EO that deals with Compressed Air Foam Systems (CAFS).

- Rescue Lesson 1 EO 2 – added additional information on conducting effective searches – General, Oriented, Wide-area, and Thermal Imager

- Rescue Lesson 1 EO 3 – added information on the use of search lines in commercial structures.
Changes to the Firefighter Lesson Plans

- Fire Prevention, Education, and Cause has been changed to Fire and Life Safety Preparedness to coincide with the standard.

- Fire and Life Safety Preparedness Lesson 1 EO 2 – Added a line to check for smoke management systems during fire safety surveys.

- Fire and Life Safety Preparedness Lesson 5 EO 1 – Added a NOTE and a web link for instructors to view the differences between America’s fire prevention efforts versus other countries.

- Portable Extinguishers Lesson One EO 3 – Added number 4 which discusses the methods in which fire extinguishers extinguish fires – Smothering, Cooling, Chain Breaking, and Saponification.

- Portable Extinguishers Application section – Added in information on teaching the PASS method.
Changes to the Firefighter Lesson Plans

- Rescue Lesson 4 EO 5 – added information on the anatomy of a vehicle.

- Orientation & Safety Lesson 1 – Deleted EO 4 as that information will be covered in the new Health and Wellness section.

- Ventilation Lesson 1 EO 2 – additional information added on the collapse potential of lightweight construction.
2013 Practical Skills Changes

- All Practical Skills have a new evaluation component:
- Allows the instructor to use one sheet for both attempts (if needed).

POINTS
Total points possible for this evaluation skill:  100
Total points needed to pass:  70
1\textsuperscript{st} Attempt Score:_____
2\textsuperscript{nd} Attempt Score:_____
Evaluator’s comments should be placed on the reverse side if candidate fails.
2013 Practical Skills Changes

- PPE – All times have been deleted. Added one additional practical on EBSS use.

- Fire Control – **Removed the “simulated” component.** This would not allow instructors to simulate fires in structures.

- Rescue – Removed 20 minute time frame from search drill.

- Ladders – Reduced to 15 from 17 skills

- Salvage – Removed the timeframes in which to complete scenarios.

- Ventilation – Removed the “simulated” components. Students would be required to actually perform the skill.

- Water Supplies – Removed all time requirements.
Self Survival

Firefighter
Self-Survival
Lesson One

DOMAIN: AFFECTIVE / PYSCHOMOTOR

LEVEL OF LEARNING: COMPREHENSION / APPLICATION

MATERIALS

Classroom; computer, projector; screen; whiteboard or equivalent; NFPA 1407 Standard for Training Fire Service Rapid Intervention Crews, 2009 Edition; NFPA 1500 Standard on Fire Department Occupational Safety and Health Program; Delmar, Rapid Intervention Company Operations; comprehensive training location, preferably an acquired structure, with required props including: air consumption course, low-profile obstacle, entanglement box, Denver box, first and second floor windows, staircase, subfloor (basement) environment, charged hose line, search ropes, RIT pack, forcible entry tools, various anchor examples, various barrier examples, including stud wall w/sheetrock.
TERMINAL OBJECTIVE

The firefighter candidate when given an exam shall demonstrate proper preventative methods to minimize the chance of falling into distress, including proper air management techniques, as well as appropriate skills necessary to mitigate or overcome any crisis they may encounter while inside a structure.
The Firefighter candidate when given an exam shall demonstrate knowledge of proactive behaviors firefighters should demonstrate in order to prevent falling into distress.

The Firefighter candidate when given an exam shall demonstrate knowledge of ropes, knots, mechanical advantage systems, and suitable anchors associated with rapid intervention operations.

The Firefighter candidate when given an exam shall demonstrate proper air management techniques that are applicable for themselves and for a downed firefighter situation.

The Firefighter candidate when given an exam shall demonstrate correct methods for self-extrication that are also applicable to a downed firefighter situation.
Current RIT Program

3 components:
- Mayday
- RIT
- Self-Survival

- The RIT Certification will not apply as of Jan. 1, 2015
- Mayday and Self-Survival have been added into the Firefighter course
- OSFM will offer a Train-the-Trainer for Instructors
Self Survival

1 Of 7: Breaching Barriers

Reference: NCFRC Lesson One, Self Survival

Performance Objective: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, breach through a barrier to self extricate, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the self survival candidate through an exercise where exits have become blocked from a structural collapse.

Instructor statement: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, breach through a barrier to self extricate, and cancel a mayday after becoming freed from the obstacle.

Recommended Equipment List: Proper PPE and SCBA, Radios, tools and equipment customary to the organization’s response guidelines. Prop for breaching through a barrier.
Self Survival Practical Skills

2 Of 7: SCBA Low-Profile

Reference: NCFRC Lesson One, Self-Survival

Performance Objective: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, move through a low profile to self extricate, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the self-survival candidate through an exercise where exits have become diminished from a structural collapse.

Instructor statement: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, move through a low profile to self extricate, and cancel a mayday after becoming freed from the obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines. Prop for moving through a diminished opening.
3 Of 7: Entanglement

Reference: NCFRC Lesson One, Self-Survival

Performance Objective: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, move through an entanglement to self extricate, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the self-survival candidate through an exercise where exits have become diminished from a structural collapse.

Instructor statement: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, move through and entanglement box to self extricate, and cancel a mayday after becoming freed from the obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines. Prop for moving through an entanglement.
4 Of 7: Extricate from Debris

Reference: NCFRC Lesson One, Self-Survival

Performance Objective: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, navigate through debris to self extricate, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the self-survival candidate through an exercise where exits have become diminished from a structural collapse.

Instructor statement: The self survival candidate when exposed to a building collapse shall identify the mayday parameter, communicate a mayday, navigate through debris to self extricate, and cancel a mayday after becoming freed from the obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines. Prop for moving through collapse debris.
Self Survival Practical Skills

5 Of 7: Ladder Bailout

Reference: NCFRC Lesson One, Self-Survival

Performance Objective: The self survival candidate when exposed to an emergency requiring immediate evacuation, shall demonstrate a ladder bailout.

Performance Evaluation: The evaluator shall direct the self-survival candidate through an exercise requiring an immediate emergency evacuation of the structure.

Instructor statement: The self survival candidate when exposed to an emergency requiring immediate evacuation, shall demonstrate a ladder bailout.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines. Prop for a ladder bailout and belay equipment.
Self Survival Practical Skills

6 Of 7: Rope Slide

Reference: NCFRC Lesson One, Self-Survival

Performance Objective: The self survival candidate when exposed to an emergency requiring immediate evacuation, shall demonstrate a rope slide.

Performance Evaluation: The evaluator shall direct the self-survival candidate through an exercise requiring an immediate emergency evacuation of the structure.

Instructor statement: The self survival candidate when exposed to an emergency requiring immediate evacuation, shall demonstrate a rope slide.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines. Prop for a rope slide and belay equipment.
Self Survival Practical Skills

7 Of 7: Hose Slide

Reference: NCFRC Lesson One, Self-Survival

Performance Objective: The self survival candidate when exposed to an emergency requiring immediate evacuation, shall demonstrate a hose slide.

Performance Evaluation: The evaluator shall direct the self-survival candidate through an exercise requiring an immediate emergency evacuation of the structure.

Instructor statement: The self survival candidate when exposed to an emergency requiring immediate evacuation, shall demonstrate a hose slide.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines. Prop for a hose slide and belay equipment.
1 Of 5: Falling Through a Floor or Roof

Reference: NFA Mayday Curriculum

Performance Objective: The mayday candidate when exposed to falling through a floor or roof shall identify the mayday parameter, communicate a mayday, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the mayday candidate through an exercise involving the candidate falling through a roof or floor.

Instructor statement: The mayday candidate shall recognize mayday parameters, declare a mayday in accordance to department’s policies, and cancel the mayday upon becoming freed from an obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools, and equipment customary to the organization’s response guidelines. Prop for falling through a floor or roof.
2 Of 5: Collapse

Reference: NFA Mayday Curriculum

Performance Objective: The mayday candidate when exposed to a collapse shall identify the mayday parameter, communicate a mayday, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the mayday candidate through a exercise involving a collapse on top of the candidate.

Instructor statement: The mayday candidate shall recognize mayday parameters, declare a mayday in accordance with department’s policies, and cancel the mayday upon becoming freed from an obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools, and equipment customary to the organization’s response guidelines. Prop for a collapse on top of a firefighter.
Mayday Practical Skills

3 Of 5: Firefighter Trapped or Lost

Reference: NFA Mayday Curriculum

Performance Objective: The mayday candidate when exposed to becoming trapped or lost shall identify the mayday parameter, communicate a mayday, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the mayday candidate through an exercise in which the candidate becomes trapped or lost.

Instructor statement: The mayday candidate shall recognize mayday parameters, declare a mayday in accordance with department’s policies, and cancel the mayday upon becoming freed from an obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools, and equipment customary to the organization’s response guidelines. Prop in which the candidate becomes trapped or lost.
Mayday Practical Skills

4 Of 5: Firefighter Becoming Stuck

Reference: NFA Mayday Curriculum

Performance Objective: The mayday candidate when exposed to becoming trapped or lost shall identify the mayday parameter, communicate a mayday, and cancel a mayday after becoming freed from the obstacle.

Performance Evaluation: The evaluator shall direct the mayday candidate through an exercise in which the candidate becomes stuck.

Instructor statement: The mayday candidate shall recognize mayday parameters, declare a mayday in accordance with department’s policies, and cancel the mayday upon becoming freed from an obstacle.

Recommended Equipment List: Proper PPE and SCBA, radios, tools, and equipment customary to the organization’s response guidelines. Prop in which the candidate becomes stuck.
5 Of 5: Acknowledging the Mayday

Reference: NFA Mayday Curriculum

Performance Objective: The mayday candidate while performing the role of the Incident Commander (IC) shall correctly acknowledge a call for Mayday from a downed firefighter.

Performance Evaluation: The evaluator shall direct the mayday candidate to serve as the Incident Commander of a fire exercise. The candidate shall recognize the mayday call from a downed firefighter, including receiving Location, Unit Number, Firefighter Name, Assignment, and Needed Resources; and activate a Rapid Intervention Team for rescue of the downed firefighter.

Instructor statement: The mayday candidate shall recognize mayday parameters, acknowledge a mayday call in accordance with department’s policies, and verbally activate a rapid intervention team to assist the downed firefighter.

Recommended Equipment List: Proper PPE and SCBA, radios, tools and equipment customary to the organization’s response guidelines.
Health and Wellness

References include:

- J&B Fundamentals of Firefighter Skills, 3rd Edition
- IFSTA 6th Edition Essentials of Firefighting
- NVFC: Heart Healthy Firefighter Program
- NVFC’s Addressing the Epidemic of Obesity in the Fire Service
- NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Departments
- NFPA 1583 Standard on Health-Related Fitness Programs for Fire Department Members
- USFA: Firefighter Health and Safety resources

Instructors: All references can be accessed online at no cost. Web links can be found directly in lesson plans.
Health and Wellness

- One of the first states in the U.S to include this course as part of FF/TR certification.
- 4 components:
  - Injury & death review: causes, types, statistics
  - Physical Fitness
  - Nutrition
  - Behavioral and Mental Health
- 8 hour course, no practical component
Health and Wellness Terminal Objectives

- The FF/TR Candidate shall identify and describe in writing the impact nutrition has on job performance, and list strategies for adopting healthy eating habits.

- The FF/TR Candidate shall identify and describe in writing the effects of chronic stress and sleep deprivation on health and job performance, as well as methods of mitigating the effects of chronic stress.
Health and Wellness Terminal

Objectives

- The FF/TR Candidate, when given a written examination shall correctly identify the leading causes of injury, death and disease associated with the duties of emergency responders.

- The FF/TR Candidate shall describe in writing the five components of physical fitness, the significance of physical fitness in relation to emergency response job performance, and methods of incorporating physical fitness into daily activities.
Questions?

- Sign all rosters before leaving

- NFPA 1400 series (Training Section) will provide assistance with training on topics such as Health and Wellness and Survival.

- Remember, you were that new firefighter at some point, teach them RIGHT!