Before entering any hazardous atmosphere, firefighters should be evaluating multiple exit strategies, which can be used in the event of a firefighter emergency. First floor exit strategies commonly used are doors, windows, and natural openings that are around the structure. When firefighters are operating on floors above the ground floor, additional exit strategies should be identified, calculated, and planned before the fire crews enter a structure.

One exit strategy for an above ground floor exit is the Ladder Bailout. Although there are several variations of the Ladder Bailout, this training will concentrate on the head first method.

1. Make sure ladders are positioned correctly outside the structure at the windows needed for an emergency exit.
2. Ladders placed for emergency escape should be placed just below the windowsill at an angle of less than the normal 75 degrees.
3. **Note:** In training, this maneuver should always be performed by well-trained firefighter survival instructors, and should always be performed with a safety and belay device.
4. The firefighter should make their way to the exit window remaining as low as possible.
5. The firefighter should stay as low as possible reaching out of the window grasping the top rung of the ladder and proceed descending the ladder grasping each rung as they go down. (Walking down each rung with their hands)
6. As the legs come out of the window, the firefighters feet should stay between the rails and hitting each rung as the firefighter descends.
7. The firefighter is able to control their descent by using their hands on each rung and dragging both feet into each rung as they descend.
8. Once the firefighters are approaching the ground, they should quickly move from the ladder to the ground allowing room for other firefighters who may be using the emergency escape.
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