

FIREFIGHTER SELF SURVIVAL

October 2010

FIREFIGHTER TRAINING

Firefighter Daily Quick
Drills - Easy Access to
Training Topics

Rope Bailout

References:

Delmar Rapid Intervention
Company Operations,
pages 91-92, 114-116.

NFPA 1407, 2010 JPRs
7.13

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 Rope Bailout.

1. The firefighter should be properly equipped with a personal rope capable of holding their weight and tools. (axe, pry bar, halligan tool, etc.)
2. The firefighter should establish a suitable anchor point and tie one end of the escape rope to it. (Minimum rope diameter of 7.5 mm or 19/64 in.)
3. The firefighter should wrap the escape rope tightly around the SCBA and under both arms, squeezing the two pieces of rope together to form a friction device.
4. Firefighters should ensure they hold the rope at a position to prevent the hands from being pinched in the windowsill.
5. Next, the firefighter sits in the windowsill removing all slack in the rope between the firefighter and the anchor point, and slowly rolls out of the window squeezing the two pieces of rope together.
6. As the firefighter rolls out of the window, they transfer their weight from the windowsill to the rope system controlling their descent with pressure of the two pieces of rope rubbing together.
7. Firefighters should know the length of their rope and how far they can descend. If the rope will not go completely to the ground, the firefighter should be looking for locations below the escape floor such as other windows and balconies that could be used as an escape route.
8. **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.**

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The firefighter should establish a suitable anchor point and tie one end of the escape rope to. (This must be able to support the firefighters weight)



The firefighter should wrap the escape rope tightly around the SCBA and under both arms, squeezing the two pieces of rope together to form a friction device.

Firefighters should ensure they hold the rope at a position to prevent the hands from being pinched in the windowsill.

Next, the firefighter sits in the windowsill removing all slack in the rope between the firefighter and the anchor point, and slowly rolls out of the window squeezing the two pieces of rope together.

As the firefighter rolls out of the window, they transfer their weight from the windowsill to the rope system controlling their descent with pressure of the two pieces of rope rubbing together.

