

RIC for REAL

Learning from our mistakes



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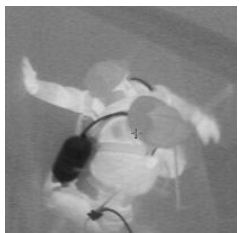


Low frequency, high risk

Gordon Graham



Alarm Free Fire Ground




RIC for REAL

Full Day Classroom Presentation

✦ Mind-set / approach	✦ Accessing the downed firefighter
✦ Training & preparation	✦ Air Management
✦ Equipment / tools	✦ Locate; no access
✦ Personal abilities / limitations	✦ Unable to locate
✦ Crew abilities / limitations	✦ R4R hands-on training video
✦ Initial actions on-scene	✦ Distributing the work-load
✦ Communication	✦ Debris Management
✦ Crew integrity & safety	✦ Establishing strong RIT policies
✦ Rescuer emergencies	✦ Tag Line Management
✦ Effective RIC Leadership	✦ Buddy Breathing



Today's Objectives

✦ Mind-set / approach	Today's goal Reaffirm your knowledge Learn something new Generate discussion
✦ Training & preparation	
✦ Equipment / tools	
✦ Personal abilities / limitations	
✦ Crew abilities / limitations	
✦ Initial actions on-scene	
✦ Communication	
✦ Crew integrity & safety	
✦ Rescuer emergencies	
✦ <i>Effective RIC Leadership</i>	



Are we properly prepared?

Approach RIC the same way as civilian S&R

Difficult to produce realistic training

Finances or logistics

Complacent approach of "it won't happen to me"

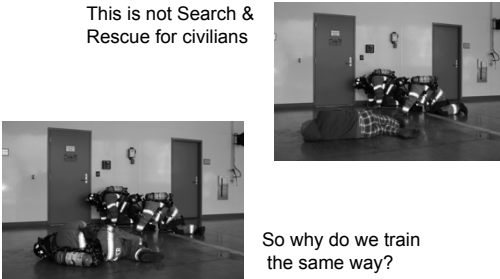
We are not always honest with ourselves

about our knowledge, skills, or abilities

3-SIXTY
Presented

Changing our mind-set / approach

This is not Search & Rescue for civilians



So why do we train the same way?

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With the exception of fatal injuries there is a much higher probability that a firefighter will be alive and savable inside of a burning structure.

Personal Protective Equipment



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The biggest problem for the downed FF:

TIME

TIME = AIR = LIFE

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How much air have they already used?

How much air did they start out with?

As a rescuer, you're working against the clock!

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3 phases of a Firefighter rescue

From the victims perspective

Get Here Now

Keep Me Alive

Get Me Out

3-SIXTY
Presented

Most likely to die?

Get Here Now

Keep Me Alive

Get Me Out

 **No TIME = No AIR = No LIFE**

What's in smoke?

Benzene , Hydrogen Cyanide, Carbon Monoxide, PCB's / PAH's, etc.

Short term effects:

Confusion, fatigue, disorientation, dizziness, irrational behavior, unconsciousness

In higher concentrations:
Seizures, Coma, Death

 **No TIME = No AIR = No LIFE**

What's in smoke?

HEAT

300° + at floor level

Spasms, Choking
Vomiting, Burns

 Firefighters perform on the fire ground based on their Training and Experience



 **Training**

Meaningful

Repetitive (Basic Fundamentals)

Holistic (3 Sixty Approach)

Realistic (Imperative)

Train like you fight, Fight like you train

 **Repetitive - Basic Fundamentals**

SCBA and PPE donning - *Get comfortable in your gear!*

Crew Proficiency:

- ✧ Searches
- ✧ Communications
- ✧ Victim evaluation and packaging
- ✧ Ground ladders
- ✧ Etc.

Know your tools – Train with your tools

 **Repetitive - Basic Fundamentals**

Develop good habits through *repetitive* training so you can focus on the bigger picture when you are working.



Holistic – 3 Sixty Approach

Table top exercises
Case Study
Trade Magazine Articles
Crew discussion
Mental Aspects of Performance



Realistic – Supplemental Training

Develop good habits through *realistic* training so you can focus on the bigger picture when you are in *stressful environments*.

You don't want to have your priority focus consumed by the things that should be automatic.



The Linear Approach

Training for success
"the norm"

Firefighters must also
train for the *contingency*



Training for the *Contingency*

The Unknown

The Surprise

The What If

RIC training should be much more than check box training



If you don't train for the contingency:

Crew communication may degrade during an increase in stress

Risk Management will suffer as critical decision making is challenged

RIC efficiency will most likely fail



Well-oiled machine



 Case Study / 10 Minute Trainers

Firefighter Near Miss

NIOSH LODD Reports

Contributing Factors / Findings

- ✧ No 360 completed
- ✧ Lack of leadership and direction at the command level
- ✧ Lack of established policies for firefighters to follow
- ✧ Communication breakdown
- ✧ Lack of training

 Equipment / Tools

SCBA

360 approach

Don – Doff – Manipulate
in unassuming positions



 Equipment / Tools

How much air do you need?

Top off your bottle!



Don't forget about the RIC Pack

 Every Breath Counts

Estimated 8-12 breaths for every 100 psi

Using the Reilly Breathing Technique (RBT)

1 breath can last up to 10 seconds
(12 breaths = 120 seconds)

RBT = Hum during exhalation

Maintains proper balance between CO₂ / O₂ exchange

 Equipment / Tools

RIC Pack

- ✧ Is it in service?
- ✧ Are you extremely familiar with it?
- ✧ How long does it take for you to trans-fill from the RIC bottle?



 Equipment / Tools

RIC Pack

Go Light and Fast!

✧ Search	Get Here Now
✧ Locate	
✧ Protect	Keep Me Alive
✧ Resources	
✧ Extricate	Get Me Out



Personal Abilities / Limitations

Brett Tarver

March 14, 2001 Southwest Supermarket fire in Phoenix, Arizona.

Despite the activation and concerted efforts of Rapid Intervention Companies (RIC), Tarver did not survive.



Personal Abilities / Limitations

The Phoenix Fire Department dedicated a great deal of time towards researching and evaluating the RIC concept.

Their efforts resulted in the conclusion that "rapid intervention is not so rapid."

Some very troubling statistics were found...



Personal Abilities / Limitations

For example

A 3,000 psi air bottle will last an average of 16.5-18.5 minutes.

From the time that the firefighters called for a "Mayday" until they were successfully removed from the building was 21.8 minutes.

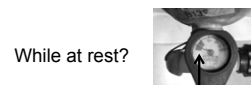
The number of firefighters it took to complete the rescue was 12 firefighters.



Personal Abilities / Limitations

How long does a bottle last you?

Under Physical exertion?



While at rest?

Trapped FF's bottle – How long will that last?



Personal Abilities / Limitations

How do you perform with unanticipated stress on the fire ground

Firefighters perform on the fire ground based on their

Training and Experience



Crew Abilities / Limitations

CO's – Know your people!

- ✧ Work Horse
- ✧ Mental Toughness
- ✧ Conditioning
- ✧ Skills set

This is the time to put the the best people in the best positions where they can be the most successful

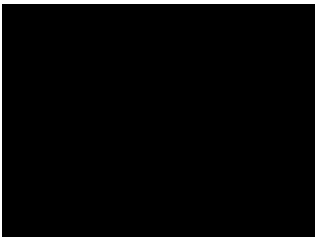
 Crew Abilities / Limitations

Well Oiled Machine

Proficiency
Choreography
Team-work

 **Well Oiled Machine**

 **Well Oiled Machine**



 On scene - Ready For Deployment

No standing around!

Be Pro-Active

 Pro-Active RIC

Soften the Structure

Exits
Lights
Ladders



 Pro-Active RIC

Develop a Plan

- * Review S-L-P-R-E
- * Possible scenarios
- * Contingencies
- * Radio monitoring
- * Tool Assignment
- * Personnel order
- * Air Management Plan

 Entering the Structure

Move with a Purpose

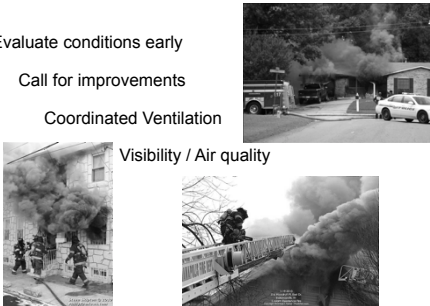
TIME = AIR = LIFE

(Remember: Last Known Location?)

 Entering the Structure

- ✧ Evaluate conditions early
- Call for improvements
- Coordinated Ventilation

Visibility / Air quality



 Communication

Within the crew

3 or 4 person crew

- ✧ It must have meaning
- ✧ Are you paying attention
- ✧ Follow the chain unless emergent

 Communication

With the victim

Assess Mental and Psychological Condition of the Victim

Will they be helpful in their rescue

or

Will they make it more difficult

 Communication

On The Radio



- ✧ COMMUNICATE, DON'T CONVERSATE!
- ✧ Speak Clearly
- ✧ External noises (pass alarm, PPV fan, pumper, other radios, etc.)
- ✧ Slow Down!

 Communication Video



Communication Video



Communication Video

Crew Integrity / Safety

Safety is everybody's responsibility

Overall Crew integrity and safety is the responsibility of the Officer...

- ✧ Director of the assignment
- ✧ Looks at the big picture
- ✧ Pays attention to firefighters
- ✧ Air manager

Crew Integrity / Safety

Is the officer of your crew in the proper position to maintain crew integrity and safety?

In a 3 person crew, the officer should be second through the door.

In a 4 person crew, the officer should be 2nd or 3rd through the door.

Crew Integrity / Safety

The 1st firefighter (Lead) is blazing the trail

- ✧ Narrow focused - task oriented
- ✧ Physically clearing the way and psychologically determining the environment of the crew
- ✧ Report their findings to the officer

The officer must be in a position to receive this vital information from the lead firefighter

Crew Integrity / Safety

The firefighter(s) behind the officer (3rd or 4th)

- ✧ Equipment work horses
- ✧ Responsible for the RIC pack
- ✧ Officer can assist with a tool in a 3 person crew

The officer can maintain full oversight / management of their crew as long as they are in a position to do so

 *Rescuer emergencies*

Lost
Trapped
Injured / Incapacitated
Major Equipment Malfunction
Etc.

 *Rescuer emergencies*

**MAYDAY
MAYDAY
MAYDAY**

 Why do Firefighters hesitate in calling a MAYDAY

- ✧ Pride
- ✧ Denial
- ✧ Loss of Situational Awareness
- ✧ "I can take care of it myself"

 **MAYDAY**

Call Immediately
(Time = Air = Life)

As soon as you THINK you are in trouble

Give specific detailed information
Plain language if necessary

 **MAYDAY**

Communicate your P.L.A.N.

Problem
Location
Air
Needs

 **You're lost and separated**

You called the MAYDAY, now what?

- ✧ Drop a glow stick

Shelter in place
Or
Find and exterior wall



Break Window / Breach or Tap on Wall / Tool Through Wall
Increase your rescue possibility



You're Trapped

You called the MAYDAY, now what?

What are your choices?

- Do nothing
- shelter in place
- conserve air (RBT?)
- tap on wall, floor, etc.
- pass device

(Consider communication limitations)



You're Trapped

You called the MAYDAY, now what?

What are your choices?

- Self extricate
- Physical labor
- (faster air consumption rate)
- Consider amount of work involved
- (choose wisely)
- Risk (of running out of air) Vs. Benefit



The Reason for Repetitive, Holistic, and Realistic Training

So that your brain has the experience to pull from causing you to handle the real situation:

- * More efficiently
- * More calmly
- * More Systematically



RIC for REAL

Before you are assigned RIC on-scene:

- Established Policies
- Train (Technically / Tactically Proficient)
- Train for success
- Train for the contingency



RIC for REAL

When you are assigned RIC on-scene:

- Prepare for the worst possible scenario: *Tool cache'*
- Prepare for the worst possible scenario: *Knowledge (360)*
- Effective communication skills
- Disciplined air management
- Know your people: *Crew integrity/Safety*



RIC for REAL

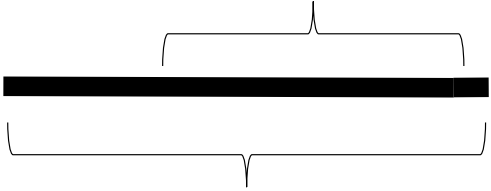
What kind of rescuer do you want coming for you?

- One that *says* they're a Firefighter
- or
- Somebody that *performs* like one

 If you talk the talk...



 Where we live



Fire Service Skills Spectrum

 **Average** Is Not Good Enough!

Where we live



RIC Skills

Fire Service Skills Spectrum

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