



Fire Training Toolbox "No one of us, is as strong as all of us!"

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## Quick Drills

By Lt. Ryan Sparks

Each of these is intended to get members of your crew doing something they may have not performed in a while. These are intended to develop muscle memory for operational excellence. All drills should be observed closely for correct actions; any improper actions should be coached and corrected at that time.

The intent of quick drills is just that, drills that are done quickly. Because these drills are done quickly, this does not mean we rush our way through them. The drills are intended to reinforce basic operations as these drills are not new skills. Introducing new drills and techniques should be done by utilizing classroom, drill and testing layouts.

Quick drills are intended to be around 30 minutes. Some drills will take longer because of the reload or setup time.

On timed drills, the timer should be rotated amongst all members of the group, officers included; this will allow all members to perform the drill somewhere between 3-5 times. We do this to develop muscle memory amongst all members. This is done as a group to limit personnel from just going through the motion; many of these drills can create competition amongst the crew. Competition can be used to support positive Training, but remind members to keep egos in check. Personnel must do their best to monitor and control competition.

Use these as daily drills when formal training is not scheduled. Make the most of them for both your crew and department.





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## PPE Quick Drills

1.) Turnout gear – Members are given their turnout gear, (coat, pants, boots, helmet, nomex hood and structural gloves). Members will have 1 minute to put all gear on CORRECTLY, there will be a 5 second penalty for any incorrectly worn items. Members will continue the drill until every member completes the drill on time.



2.) SCBA – Members are given their turnout gear and an SCBA, (coat, pants, boots, helmet, nomex hood, regulator, face piece, air pack and structural gloves). Members will have 1.5 minutes to put all gear and SCBA on CORRECTLY; there will be a 5 second penalty for any incorrectly worn items.

3.) Structural Gloves – Members are given their structural gloves. While wearing gloves members should try and pick up any small flat object off the ground. This drill is intended for members to become comfortable with dexterity while wearing their gloves. For added challenge, members can black their mask out so they cannot see what they are picking up. Training personnel can also increase difficulty by telling members which objects to pick up while blacked out. This drill is not timed.

4.) Structural Gloves – Members are given their structural gloves and a SCBA. While wearing their structural gloves member should put all components of their SCBA on. This is designed to increase confidence of members wearing their gloves and donning their SCBA. This drill is not timed; this is to get members comfortable with their gloves and SCBA. PPE is an option for this drill.





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## RIT Quick Drills

- 1.) RIT Bag – Members should be given the RIT bag and demonstrate proper use of all items in bag. Members should increase difficulty by wearing their structural gloves, be blacked out and use a live victim.
- 2.) Buddy Breathing – Members should be given turnout gear and a SCBA (coat, pants, boots, structural gloves, nomex hood, regulator, face piece and air pack). Members should be blacked out with a partner and switch their regulator back and forth between air packs.
- 3.) Rescue – Members should be given turnout gear with SCBA (coat, pants, boots, structural gloves, nomex hood, regulator, face piece and air pack). Members should search a given area to locate a downed firefighter, once found members should extricate the firefighter to a given location. This drill should be done on air. This drill should allow members to understand importance of air conservation and consumption.
- 4.) Treadmill/Elliptical – Members should be given turnout gear with SCBA (coat, pants, boots, structural gloves, nomex hood, regulator, face piece and air pack). Members should walk/run/jog on the treadmill or elliptical. This should be done with a safety person constantly watching members. This drill is designed for members to understand air conservation and consumption. Members should utilize air management techniques already learned. **SAFETY: Any member who wishes to discontinue the drill for any reason SHALL be permitted, under no circumstance shall members be forced to continue this drill if they feel they need to stop.**





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## Operations Quick Drills

- 1.) Stretch a line – Using a team of 2, personnel shall deploy each type of line, based on department standards. This can be done with or without charging the line. Hose should be reloaded properly after each drill, to allow for next evolution. If the apparatus catches a run while the hose is deployed members should break the hose at the truck and leave the hose behind.
- 2.) Hydrant – Given a hydrant and an engine, personnel shall properly connect to a hydrant in a safe, timely manner. Engine should lay 100-200 feet of 5 inch supply hose to demonstrate realistic operations. Supply hose should be properly reloaded after each evolution. If the apparatus catches a run while the hose is deployed members should break the hose at the truck and leave the hose behind. Members should perform this with structural gloves on.

- 3.) Hose replacement – Given a 150 foot section of hose members shall replace the middle section of hose to simulate a busted hose. The hose should be charged and members should utilize the hose clamp or other techniques to clamp the hose and replace the busted section. The hose should not be fully charged to proper pressure, operating the pump and hose at a lower pressure will not stress the hose as much. This event shall be timed and members should keep track of their time, this is to improve on this skill next time the skill is performed.



- 4.) Ladders – Select a single type and size ladder for training. Members shall demonstrate multiple methods of carrying, raising and securing the ladder, on various types of structures and surfaces. Members should also discuss and show proper cleaning, care and maintenance of ladders after evolutions.

- 5.) Search – Members should be given a room or area with obstacles and search the room simulating both a primary search (rapid) and secondary search (focused). There should be a dummy of some kind to simulate an actual patient or victim. **CAUTION: training area should be selected carefully to limit any damage to equipment, building or personnel.**