



Golden Valley Fire District



Daily Quick Drills

Volume 1, Numbers 1-10



The daily quick drill is designed to assist the company officer in delivery of a quick review of a department policy or procedure. Reviews of basic firefighting, EMS and special response situations should be referenced to appropriate SOG's.





Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 1

Suspicious Packages



Responding to incidents involving a suspicious package or suspicious substance are now part of our job. Review department procedures for response to and handling of these types of incidents.

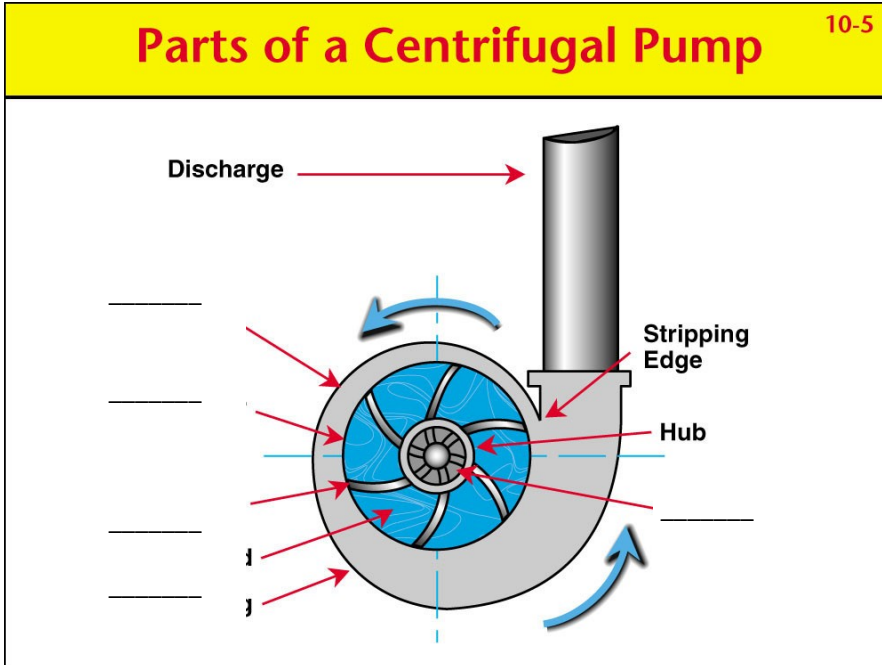




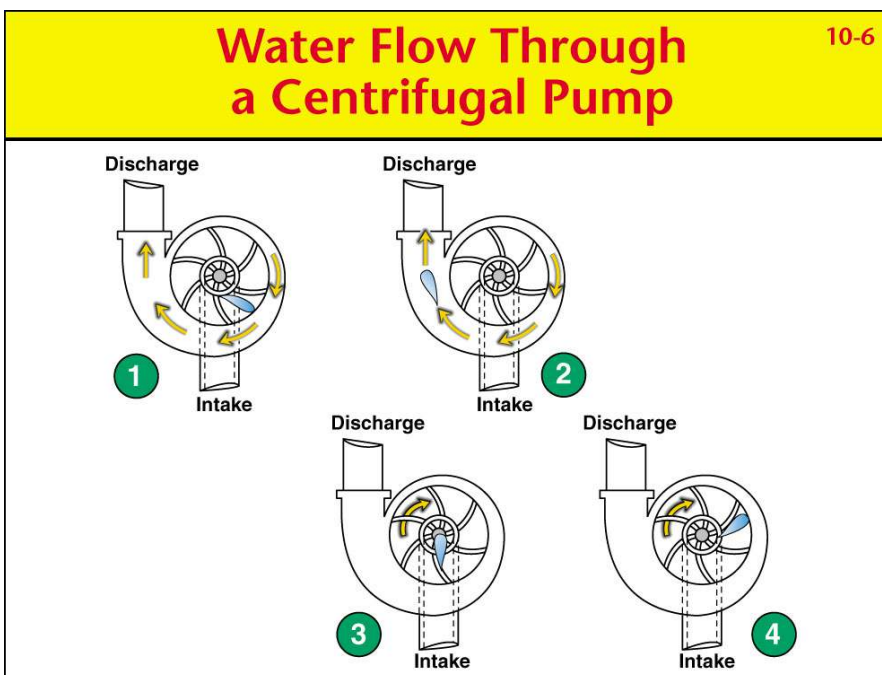
Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 2

Fire Pump Parts



Label the parts of a centrifugal fire pump. See IFSTA Pumping Apparatus Handbook for Information.



Trace the flow of water through this fire pump. List step steps in the process.



Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 3

Documentation Skills

Five Simple Ways to Improve Your Documentation Skills

As we have preached so many times in the past, good documentation is important to you and your ambulance service for many reasons. Good documentation can facilitate good patient care, help protect you from liability and can favorably impact your ambulance service's reimbursement. This EMS Law "Monthly Tip of the Week" presents five quick and easy things you can do to improve your documentation right now!

Paint a Picture

Think of your documentation as painting a picture of the incident. However, instead of using a paintbrush or a camera, you are using words. Set the scene. For instance, at an accident scene -- Where are the cars? Is there broken glass and tire marks? Is there significant damage to the vehicles and was the passenger compartment compromised? What are sights, sounds and smells are registering on your senses?

Use Chronological Narratives

Avoid the tendency that some EMS providers have to jump around as things enter their minds. Stay focused; write your narrative so it flows in chronological order and that the steps of your dispatch, assessment, treatment and transport are documented in a logical fashion. This can be especially problematic when too much time passes between the call and the time the documentation is done. Document when the call is as fresh in your mind as possible.

Stick to the Facts

A well-written patient care report is *objective* instead of *subjective*. This means that your charts should stick to the facts, and leave out the personal interpretations and "spin." For instance, don't say your patient simply was "intoxicated." Instead, document the *facts* that lead you to that conclusion, such as "patient's speech was slurred"; "odor of alcohol on patient's breath;" "patient admitted drinking 8 beers in the past hour" and other such objective facts.

Abandon Home-Grown Abbreviations

Many EMS providers love to use home-grown abbreviations. Reading their charts is like grading a test and they're the only ones who have the answer key! Abbreviations are fine, but stick to ones that are common and accepted in the health care professions. Your service can even consider adopting a standard table of abbreviations to be used in your company's patient care reports.

Spelling Counts

Finally, we know that this is a tough one, and not everyone has top-notch spelling skills, but proper spelling and grammar is important. Remember, if a jury looks at your chart someday, and your chart is full of errors, it may lead a jury to conclude you are as sloppy at patient care as you are at documentation. Nobody's perfect in this department, and medical terminology can be especially tricky to spell properly. So, pick up an EMT textbook or get a medical dictionary at the station and commit to learning a new word or two on each shift. It helps your vocabulary - both in EMS and in life - and improves your trip sheets to boot.



Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 4

Nozzle Reaction



Nozzle Reaction



Formulas:
Solid Bore Nozzles:
 $NR = 1.57 \times (D \times D) \times NP$

Fog Nozzles:
 $NR = GPM \times \sqrt{NP} \times .0505$

NR = Nozzle Reaction
 D = Diameter of Nozzle Orifice
 NP = Nozzle Pressure
 GPM = Gallons Per Minute

Newton's 3rd Law of Physics states: *That for every action there is an equal and opposite reaction.*

When water flows out of a nozzle it creates an opposite reaction and we call it **NOZZLE REACTION (NR)**. NR is expressed in Pounds / Force (Lbs.).

Two things effect Nozzle Reaction:

- The weight or amount of water flowing (GPM's)
- Nozzle Pressure (NP)

NR For Common HANDLINE Flows & Nozzles

Solid Bore Nozzle Diameter	GPM's @ 50 PSI - NP	Nozzle Reaction (Lbs.)
7/8"	161	60
15/16"	185	69
1"	210	79
1 1/8"	266	99
1 1/4"	328	123

FOG NOZZLES

NR @ 75 PSI - NP (Elkhart Chief's)	GPM's	NR @ 100 PSI - NP (Akron / TFT)
	100	51
66	150	76
	200	101
	250	126
	300	152

David P. Fornell in his book **Fire Stream Management Handbook** states that one Firefighter can safely handle about **75 lbs.** of NR.
See pages 194 – 196 & 223 – 225 for more information.

NR's in the 60's are more desirable for one Firefighter operations due to less fatigue.

Automatic Nozzles (Akron's & TFT's) can flow various GPM depending on the pressure being pumped. The stream is meant to look good at any of these flows. However, if you are going into a fire and you are expecting at least 150 GPM and you can easily handle the line by yourself, well most likely the nozzle is not flowing what you want (below 150 GPM). If you are struggling with the line, but can handle it, you are probably around 150 GPM. If you need help to control the line, then you are probably flowing closer to 200 GPM. This is not an exact measurement of flow, but it should give you an idea.

ONLY YOUR ENGINEER KNOWS FOR SURE!



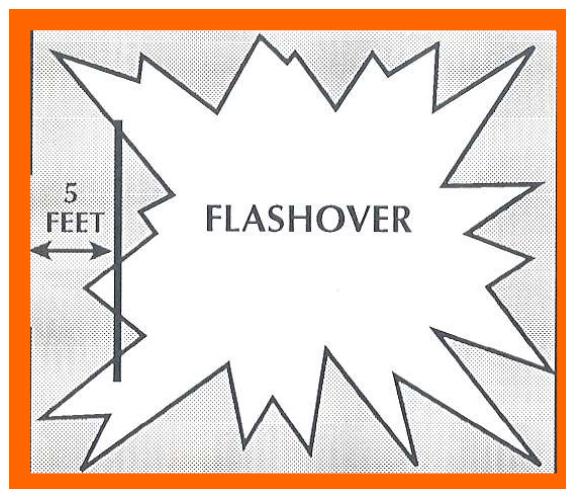
Golden Valley Fire District
Daily Quick Drills
Volume 7 , Number 5

Flashover

Flashover

POINT OF NO RETURN

- According to the Time Temperature Curve, a Firefighter is exposed to 1000° to 1500° F during a Flashover.
- A person will experience extreme pain from temperatures of 280° to 320° F on unprotected skin.
- The average speed a Firefighter can crawl in full protective clothing is about 2 ½ feet / second.
- At these temperatures a Firefighter could expect to last about **2 - SECONDS** in a Flashover before being overcome by the heat and pain.
- Therefore a Firefighter should not go more than **5 - FEET** into a room that may Flashover.
- Use tools to extend your reach into a room when searching and keep within 5 – Feet of the door or window you entered.



The Point of No Return could be 5' or less in flashover conditions

See Vincent
Dunn's web site –
vincentdunn.com
or his book Safety
and Survival On
The Fireground for
more information.



Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 6

Incident Accountability

Review department policies and procedures on incident accountability.

- For department level events
- For automatic and mutual aid events
- Who is to maintain accountability
- When do we check accountability

- Define the principle of primary entry point accountability.
- Review procedures for conducting a PAR
- When would a PAR be automatically required
- Beyond the use of PASSPORT tags, what is the true measure of accountability at the company level.

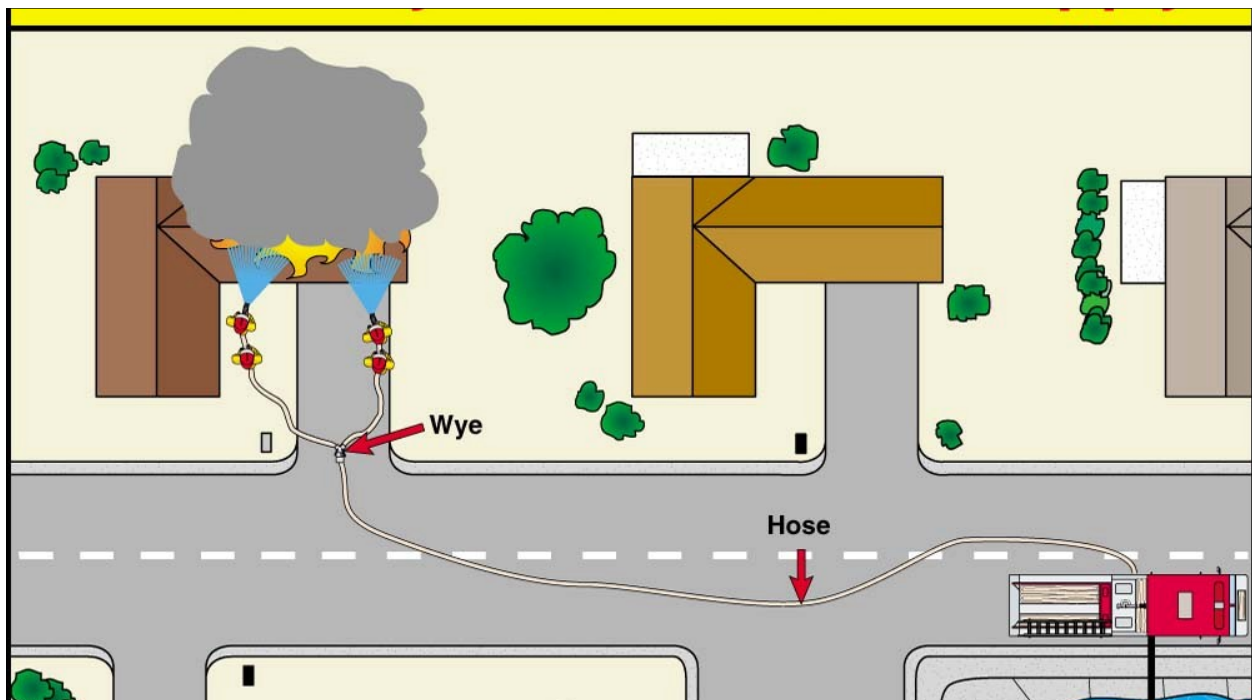


Golden Valley Fire District Daily Quick Drills

Volume 15 , Number 7

Reverse Lead Outs

Review reverse lead out operations for your department.



What is the total length of the hosebed used for this operation?

How long is the attack line after the wye or shutoff?

What are your discharge standards for calculating the correct nozzle pressure for these operations?

What happens to discharge pressures when a second line is attached to a wye appliance?



Golden valley Fire District Daily Quick Drills

Volume 7 , Number 8

EMS Jump Bags



Review the contents and locations of all equipment kept inside the EMS jump bags located on the attacks and on fire apparatus.



Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 9

Vertical Ventilation



Review department procedures for vertical ventilation.

What equipment goes to the roof?

What safety checks need to be done prior to access to the roof?
While on the roof?

Discuss the entire vertical ventilation process. Who is responsible for what, and what are the radio reports to be given about this operation?





Golden Valley Fire District Daily Quick Drills

Volume 7 , Number 10

Daily Apparatus Checks



Review daily apparatus inspection procedures.

Who checks what?

What gets logged where?

What if something is missing?

What if something is broken?

Review daily, weekly, monthly inventory and operation checks that are done on your equipment.

Why is this a vital
safety
related activity?



**Golden Valley Fire District
JPR PERFORMANCE
REQUIREMENT
Company Training Program**

DESCRIPTION: This JPR Training Guideline follows the format identified in NFPA 1001, Standard for Firefighter Professional Qualifications 1997 Edition. Knowledge, skill, performance and topic description are referenced from the Certified Firefighter II & III Instructor Reference Manual; Other materials are referenced as needed.

JPR Duty Area: Prevention, Preparedness, Maint. Subject: Prefire Planning (Bldg. Const.)

Job Performance Requirement: Prepare a preincident survey, given forms, necessary tools, and an assignment, so that all required occupancy information is recorded, items of concern are noted, and accurate sketches or diagrams are prepared and the firefighter has an understanding of the effects of fire on various types of building construction features.

	Skill / Knowledge / Performance / Topic Description	NFPA #	Standard	Validated
3-15.6.	Identify the procedures for preparing a pre-fire plan.		Pass/Fail	
3-15.20	Demonstrate preparation a pre-fire plan that includes diagrams or sketches of a building to record the location of items of concern. (4-22.1)	4-22.1	Pass/Fail	√
3-16.4, 5, 6, 7, 8	Identify types of floors, doors, windows, roof, and the construction features of various types of buildings: mobile homes, prefab. Const., modular, geodesic dome, log homes, agricultural type buildings, ordinary, fire resistive, non-combustible, lightweight, etc.		Pass/Fail	

GENERAL TASK STATEMENT:

- Complete pre-fire surveys with attention to building construction characteristics and the possible effects of fire on those building construction features

Prerequisite Knowledge

- Categories of building construction
- Construction features in common structures
- Utility identification
- Department preplan procedures

Prerequisite Skills

- Sketch requirements
- Detect hazards and special considerations

Validation Synopsis

1. Complete pre-fire surveys of assigned buildings with attention to building construction features.
2. Complete appropriate paperwork per department procedures.

**Golden Valley Fire District
JPR PERFORMANCE
REQUIREMENT
Company Training Program**

DESCRIPTION: This JPR Training Guideline follows the format identified in NFPA 1001, Standard for Firefighter Professional Qualifications 1997 Edition. Knowledge, skill, performance and topic description are referenced from the Certified Firefighter II & III Instructor Reference Manual: Other materials are referenced as needed.

JPR Duty Area: General FF 1

Subject: SCBA Refresher Module A

Job Performance Requirement: Given an SCBA and full personal protective clothing, the firefighter shall don the SCBA unit without errors in the sequence defined by manufacturer recommendations so that all safety checks are completed, air seals are not compromised, so that air flow reaches the facepiece and that PASS device is activated in less than 60 seconds.

	Skill / Knowledge / Performance / Topic Description	NFPA #	Standard	Validated
2-4.7	Demonstrate SCBA in safe condition for immediate use	3-7.10	Pass / Fail	
2-4.8	Demonstrate cleaning and sanitizing of SCBA	3-7.16	Pass / Fail	
2-4.9	Demonstrate daily inspection procedures for SCBA		Pass / Fail	
2-4.6.1	Correctly <u>don</u> SCBA unit while wearing protective clothing in accordance with SOG. This shall include coat, pants, hood, gloves, helmet in 60 sec. or less. Time will be evaluated from start of donning sequence to activation of air flow and bypass valve operations check.	3-7.9	Pass / Fail	✓
2-4.6.2	Correctly <u>doff</u> SCBA unit while wearing protective clothing in accordance with SOG. This shall include coat, pants, hood, gloves, helmet. 2-4.6.2	3-7.9	Pass / Fail	
2-7.7g	Once SCBA donned without errors, <u>activate PASS device</u> with gloved hand: 1. Auto Position 2. On Position	3-7.1	Pass / Fail	✓
2-4.15, 16	Demonstrate <u>changing air cylinders</u> 1. One person on ground/ flat surface 2. One person on back of another ff 3. Perform #1 with vision obscured	3-7.15	Pass / Fail	✓
	Complete annual facepiece fit testing		Pass/Fail	

GENERAL TASK STATEMENT:

- Firefighter shall demonstrate the ability to properly don a functioning scba unit utilizing all protective clothing and safety equipment issued to firefighter in 60 seconds or less.
- Firefighter shall demonstrate routine maintenance and inspection procedures for scba unit
- Firefighter shall demonstrate the ability to change air cylinders in a variety of situations
- Firefighter shall complete annual facepiece fit testing as defined by the Authority Having Jurisdiction
- Firefighter shall review elements of dept. respiratory protection program

Prerequisite Knowledge

- Components of personal protective clothing
- Parts of scba unit
- Operation of SCBA unit
- Care and maintenance of SCBA components

Prerequisite Skills

- Ability to identify components of personal protective clothing
- Cleaning and servicing of SCBA components

Validation Synopsis

1. Don SCBA in 60 sec. or less in full personnel protective clothing
2. Activate PASS device to ON position with gloved hand.
3. Change air cylinder on back and on the ground.
4. Complete annual facepiece fit testing.
5. Perform routine care and maintenance of SCBA unit.
6. Review department SOG's on respirator protection program

**Golden Valley Fire District
JPR PERFORMANCE
REQUIREMENT
Company Training Program**

DESCRIPTION: This JPR Training Guideline follows the format identified in NFPA 1001, Standard for Firefighter Professional Qualifications 1997 Edition. Knowledge, skill, performance and topic description are referenced from the Certified Firefighter II & III Instructor Reference Manual: Other materials are referenced as needed.

JPR Duty Area: General FF 1

Subject: SCBA Donning & Maintenance

Job Performance Requirement: Given an SCBA and full personal protective clothing, the firefighter shall don the SCBA unit without errors in the sequence defined by manufacturer recommendations so that all safety checks are completed, air seals are not compromised, so that air flow reaches the facepiece and that PASS device is activated in less than 60 seconds.

	Skill / Knowledge / Performance / Topic Description	NFPA #	Standard	Validated
2-4.7	Demonstrate SCBA in safe condition for immediate use	3-7.10	Pass / Fail	
2-4.8	Demonstrate cleaning and sanitizing of SCBA	3-7.16	Pass / Fail	
2-4.9	Demonstrate daily inspection procedures for SCBA		Pass / Fail	
2-4.6.1	Correctly <u>don</u> SCBA unit while wearing protective clothing in accordance with SOG. This shall include coat, pants, hood, gloves, helmet in 60 sec. or less. Time will be evaluated from start of donning sequence to activation of air flow and bypass valve operations check.	3-7.9	Pass / Fail	✓
2-4.6.2	Correctly <u>doff</u> SCBA unit while wearing protective clothing in accordance with SOG. This shall include coat, pants, hood, gloves, helmet. 2-4.6.2	3-7.9	Pass / Fail	
2-7.7g	Once SCBA donned without errors, <u>activate</u> PASS device with gloved hand: 1. Auto Position 2. On Position	3-7.1	Pass / Fail	✓
2-4.15, 16	Demonstrate <u>changing air cylinders</u> 1. One person on ground/flat surface 2. One person on back of another ff 3. Perform #1 with vision obscured	3-7.15	Pass / Fail	✓

GENERAL TASK STATEMENT:

- Firefighter shall demonstrate the ability to properly don a functioning scba unit utilizing all protective clothing and safety equipment issued to firefighter in 60 seconds or less.
- Firefighter shall demonstrate routine maintenance and inspection procedures for scba unit
- Firefighter shall demonstrate the ability to change air cylinders in a variety of situations
- Firefighter shall complete annual facepiece fit testing as defined by Authority Having Jurisdiction

Prerequisite Knowledge

- Components of personal protective clothing
- Parts of SCBA unit
- Operation of SCBA unit
- Care and maintenance of SCBA components

Prerequisite Skills

- Ability to identify components of personal protective clothing
- Cleaning and servicing of SCBA components

Validation Synopsis

1. Don SCBA in 60 sec. or less in full personnel protective clothing
2. Activate PASS device to ON position with gloved hand.
3. Change air cylinder on back and on the ground.
4. Complete annual facepiece fit testing.
5. Perform routine care and maintenance of scba unit.

**Golden Valley Fire District
JPR PERFORMANCE
REQUIREMENT
Company Training Program**

DESCRIPTION: This JPR Training Guideline follows the format identified in NFPA 1001, Standard for Firefighter Professional Qualifications 1997 Edition. Knowledge, skill, performance and topic description are referenced from the Certified Firefighter II & III Instructor Reference Manual. Other materials are referenced as needed.

JPR Duty Area: Fireground Operations

Subject: SCBA MODULE B

Job Performance Requirement: Use SCBA during emergency operations given SCBA and other personal protective equipment, so that the SCBA is properly donned and activated within one 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.

	Skill / Knowledge / Performance / Topic Description	NFPA #	Standard	Validated
2-4.12	Demonstrate the use of all parts of SCBA while in obscured vision area	3-7.11	Pass / Fail	
2-4.17.1,2,3	Demonstrate rescue procedures	3-7.17	Pass / Fail	
	Complete toxic bottle change		Pass / Fail	
	Demonstrate emergency escape procedure <u>using quick fill option (if equipped)</u> with buddy firefighter 1. Assume stricken firefighter position 2. Assume rescue firefighter position		Pass / Fail	√
2-4.13.1,2,3	Demonstrate emergency procedures used in the event of SCBA failure 1. By-pass or purge valve 2. Conservation of air 3. Breath from tube, regulator and facepiece	3-7.13	Pass / Fail	√

GENERAL TASK STATEMENT:

- Demonstrate advanced SCBA skills in simulated hostile environments.
- Complete SCBA confidence course utilizing a variety of operational skills.

Prerequisite Knowledge

- Breathing techniques
- Emergency procedures

Prerequisite Skills

- Ability to control breathing to maximize air supply
- Use SCBA to exit through restricted passages
- Emergency procedures in the event of SCBA failure or air depletion
- Complete donning procedures

Validation Synopsis

1. Perform advanced procedures in SCBA and protective clothing
2. Demonstrate proficiency with SCBA unit and all components of SCBA system.

**Golden Valley Fire District
JPR PERFORMANCE
REQUIREMENT
Company Training Program**

DESCRIPTION: This JPR Training Guideline follows the format identified in NFPA 1001, Standard for Firefighter Professional Qualifications 1997 Edition. Knowledge, skill, performance and topic description are referenced from the Certified Firefighter II & III Instructor Reference Manual. Other materials are referenced as needed.

JPR Duty Area: General FF 1

Subject: Self Survival Skills Module A

Job Performance Requirement: The firefighter shall perform the techniques necessary to escape a hazardous environment using basic skills, equipment and procedures so that the firefighter is able to retreat to an area of safety without compromising SCBA integrity or losing contact with rescue crews or partners.

	Skill / Knowledge / Performance / Topic Description	NFPA #	Standard	Validated
2-7.13	Demonstrate techniques for action when trapped or disoriented in a fire situation or hostile environment	3-3.4	Pass / Fail	✓
2-4.12	Perform the following life-saving functions in a simulated zero visibility situation: (mask covers) All evolutions must be performed in FPG	3-7.11	Pass / Fail	✓
2-4.6.1	Don SCBA from ground in coat and overhead method	3-7.9	Pass / Fail	✓
	Doff SCBA from back in coat and roll-over technique without breaking facepiece seal		Pass / Fail	✓
2-4.13	Demonstrate activation of BYPASS valve on SCBA facepiece	3-7.13	Pass / Fail	✓
	Activate PASS device and reset after 10 seconds		Pass / Fail	✓
	Identify the male/female couplings of a hose and indicate direction of travel for safety		Pass / Fail	✓
	Given a length of rope or webbing, tie a handcuff knot around your wrists so that fellow firefighters can remove you from grade rescue		Pass / Fail	✓
2-8.6.1	Given a length of rope or webbing, tie a bowline around your waist so that fellow firefighters can remove you from below grade	3-10.1	Pass / Fail	✓
	Demonstrate the ability to perform a quick-fill manuever into your SCBA		Pass / Fail	✓
2-16.5	Utilize portable radio to communicate MAYDAY situation	3-4.5	Pass / Fail	✓

GENERAL TASK STATEMENT:

- Demonstrate the ability to escape life threatening situations using standard personal protective equipment

Prerequisite Knowledge

- SCBA parts and uses
- Parts of hose couplings
- Radio and communication procedures
- Self survival procedures for trapped firefighters

Prerequisite Skills

- Use of bypass, quick fill adapter (if present)
- Dumping and donning techniques
- Coupling identification
- Construction of basic knots
- Use of portable radios
- PASS Device operation

Validation Synopsis

1. Don SCBA from ground with blacked out mask.
2. Doff SCBA from your back to ground using a roll over technique without breaking seal.
3. Activate PASS device to ON position
4. Operate bypass valve to clear facepiece.
5. Identify male/female couplings of hoseline and use to determine way out of building.
6. Tie handcuff knot in rope or webbing and place onto wrist for rescue.
7. Tie bowline knot around your waist.
8. Perform quick fill with 2nd SCBA unit (for SCBA's equipped with quick fill)
9. Demonstrate MAYDAY radio procedures on portable radio.(LUNAR) Method, Location, Unit, Name, Assignment, Resources Needed

C:\My Documents\Regional Training\Forms\JPR Master Form.doc

**Golden Valley Fire District
JPR PERFORMANCE
REQUIREMENT
Company Training Program**

DESCRIPTION: This JPR Training Guideline follows the format identified in NFPA 1001, Standard for Firefighter Professional Qualifications 1997 Edition. Knowledge, skill, performance and topic description are referenced. Other materials are referenced as needed.

JPR Duty Area: General FF 1

Subject: Protective Clothing

Job Performance Requirement: Given the components of personal protective clothing, the firefighter shall don the entire set of clothing in accordance with manufacturers instructions within one minute so that all components are properly in place; doff personal protective clothing are prepare for reuse.

OSFM #	Skill / Knowledge / Performance / Topic Description	NFPA #	Standard	Validate
2-7.14	Demonstrate the donning and doffing of protective clothing issued to firefighter	3-7.3	Pass / Fail	✓
2-7.15	Demonstrate the use of seat belts, noise barriers and other issued safety equipment	3-3.7	Pass / Fail	
2-7.19	Identify the components of the personnel accountability system— <i>Each firefighter shall have nametags and apparatus helmet shield for unit assigned</i>	3-3.2	Pass / Fail	
	Conduct Inspection of all components of personal protective clothing for wear and/or breakdown		Pass / Fail	
	Wash all clothing components of Personal Protective Clothing, document serial numbers of piece and date is was laundered		Pass / Fail	
	Identify the Components of each part of the garments, and review the materials of manufacture, its specification, how it protects, and how it can deteriorate		Pass / Fail	

GENERAL TASK STATEMENT:

- Firefighter shall demonstrate the ability to correctly don all components of personal protective clothing

Prerequisite Knowledge

- Components of Personal Protective Clothing
- Donning sequence of Personal Protective Clothing
- Knowledge of proper cleaning methods

Prerequisite Skills

- Proper donning and doffing

Validation Synopsis

1. Ability to don personal protective clothing in one minute or less.
2. Identify damage or conditions that may cause P.P.C. to be unsafe for use.

