

Training Officer Express - Quick Training

Air Consumption Drill



Steps

Students are put in groups of 3 to 4 and the group starts by quick dressing together. Once they are all finished and breathing air they then jog to a cone placed 30 to 40 yards away, once the team is at the cone they then drop to their hands and knees and crawl to another cone 60 yards away. Once the team is at that cone they all stand and walk a route back to the starting point and then repeat. The team stays together the entire time and they have an instructor with them at all times. The instructor needs to be sure to remind the students about conserving their air. One method to teach is the "Riley Breathing Technique (RBT)", this method consists of inhaling normally but you hum on exhalation or teach skip breathing as an option.

A second version is to have the firefighter's quick dress and simply walk in gear while breathing air for 15 minutes, and then a 5 minute break. After the break, the students return for a 10 minute walking drill with a 10 minute break. The third rotation is 10 minute walk with a 10 minute break. The students should be reminded to pay attention to how the SCBA reacts once the low air alarm activates. As well, how does the student react to the low air alarm and how do they react once the alarm discontinues. Firefighters should be instructed to stop walking, get low, and finish breathing air from the SCBA. If the bypass valve releases air, the student did not complete the drill. The goal here is to become familiar with the SCBA operations and to completely breathe down an air cylinder becoming familiar with emergency operations.