

LANCASTER FIRE DEPARTMENT

TRAINING OBJECTIVES



TRAINING: SCBA BREATHE-DOWN/ CONFIDENCE TEST

LESSON: Using full firefighter PPE and the standard breathing apparatus start with a full cylinder (4250psi+) and execute a series of obstacle style events that mimic those found on a fire ground, non-stop, until the cylinder is completely exhausted. A record for each individual firefighter will be kept as a reference. The benefit of performing this exercise is not to highlight the comparison between one firefighter and another, rather to give each individual a baseline to assess their own limitations in life-threatening situations. This is intended to strengthen the firefighter's knowledge of how long they might be able to perform in a fire evolution, gaining the extra ability to know when enough is enough, in turn benefitting an entire crew.

EQUIPMENT:

- Turnout gear
- Helmet
- Gloves
- Hood
- SCBA- complete with 45-min cylinder per LFD standard
- Undetermined obstacles
- Stopwatch
- Timesheets

PREPERATION CONSIDERATIONS:

- Set up and document an obstacle course
- Allow the firefighters to be dispatched in such an order that they are capable of being documented appropriately at the end of the evolution

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TIMING SHEET



DATE: _____

FIREFIGHTER: _____

SCBA:

Pressure: 4500

Cylinder: 30 min 45 min 60 min

START TIME: _____

STOP TIME: _____

ELAPSED TIME: _____

NOTES: _____
