



*Improving the lives of people who improve our lives*

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## **FAST Rescue Solutions Training Courses**

FAST Rescue Solutions, LLC is the proud inventor of the Ultimate Special Purpose Rescue Platform. The FAST Rescue Board, commonly known as the FAST Board, is a Hasty Rescue Device (HRD) so diverse that the rescuer is limited only by their imagination.

When providing a rescue platform with such potential we are challenged with providing equally diverse training opportunities. Fire, Rescue, EMS, Tactical, and many others can depend on us to be their one-stop provider of training for the FAST Rescue Board and accessories.

We believe that the pathway to Mastery in rescue using the FAST Board comes through the process of *“Crawl, Walk, Run, Sprint, Teach, and Reassess”*. Our instructors will work with you step by step on this journey to not only teach you the ‘how’, but also the ‘why’, of our rescue program. We believe that when using a *“Do slow things as slowly as you have to, and fast things as fast as possible”* and a *“Slow is smooth and smooth is fast”* development process we leave the student free of training scars and ready to become the future trainer of our products and culture. Our instructor cadre has taught FAST Rescue skills around the world, and our core group collectively has more than 200 years in the Fire Service.

The FAST Rescue Solutions training program is designed to be delivered to our Tribe over several modalities. First, with receipt of a FAST Board, you will receive the link to our training manual. It will serve as an indispensable out-of-the-box instruction guide. Second, you will receive the link to our comprehensive videos designed to walk you through our FAST *“Five or Die”* Culture and the step-by-step application of the FAST Board loadout, movement, and rescue of a victim. By using these as your foundation you can begin to build your skills with repetition to the point where not only do you get it right, but you can’t get it wrong!

For those of our Tribe who prefer delivered Hands-on Training programs, we offer various training packages which our training cadre will bring to your training grounds. We take safety seriously and handcraft each delivery to your needs. Instructor to student ratio is based on the complexity of the training topic and will be determined when conferring with your agency.

As we grow as a company so do our abilities to provide for you, our Tribe. The move of our business into a new location has allowed us to develop an in-house training facility. Our goal is to create a comprehensive training center where we will be able to host dynamic and exciting training events.

Finally, the future of the FAST-Training Program is only limited by your needs and our imagination. We receive daily requests for training from all over the world, so we are currently putting the finishing touches on a virtual training program series to allow us to help fine-tune your skills, no matter your location. We are constantly striving to find ways to help you build your skills, and we urge you to follow us on social media and sign up for our mailing list to stay informed of our future offerings.

If you have any questions, please contact us: [training@fastrescuesolutions.com](mailto:training@fastrescuesolutions.com)

## H.O.T. Classes

### Basic FAST Board Operations (BFBO) 4 Hour

This is the cornerstone presentation for the FAST Rescue Board. In this presentation, the student will learn the history of and reasons why the FAST Board was invented. Our “Five or Die” culture and our “Saving Your Own, FAST” mindset are discussed so that you know your investment is in your agency's best interest.

The class is structured as follows:

#### Lecture section

- Introduction to the FAST Rescue Board, including the reasons for its invention
- Explanation of our “Five or Die” and “Saving Your Own, FAST” culture
- Specifications and nomenclature of the FAST Board

#### H.O.T section

- Single and multiple patient loadouts
- Board package movements up and down stairs
- Blackout/zero visibility movements using BA Shields SCBA visibility impairment devices
- ‘How and Why’ of Firefighter Down CPR integration with the FAST Board

We strongly recommend that all students take this course and can show command of the lessons taught before moving on to future course outlines below. The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

### Firefighter Rescue 4 Hour

This presentation aims to take you to the next level in Firefighter Rescue. There is a very high likelihood that a member of a fire crew working on the interior will need to start, and possibly complete, the rescue of a downed firefighter. Our goal is to demonstrate a systematic approach to a variety of conventional (and not-so-conventional) firefighter rescue techniques to assist in making that rescue swiftly and safely. Our instructors will provide you with a full suite of rescue strategies including how to do a rapid assessment, drags & carries, movements up & down stairs, and much more. The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

### “Saving Your Own, FAST” 8 Hour

This presentation is the next level in Rescue. It is highly likely that a firefighter working on the interior will start, and hopefully complete, the rescue of a downed firefighter. We will go over a systematic approach to some conventional (and not-so-conventional) techniques to increase the chances of a quick and successful rescue. These will include techniques for:

- How to do a rapid assessment
- Various drags and carries
- Movements up and down stairs, and much more

These techniques will set up the transition of rescue by an interior crew member to the interception point where an HRD like the FAST Board comes into play. This session will then lead to the Basic FAST Board Operations (BFBO) training module (above). The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

### Basic FAST Board Water Operations (BFBWO) 4 Hour

\*Prerequisite: Basic FAST Board Operations (BFBO) – *This can be given as an 8 Hour course in conjunction with BFBO.*

This presentation is for those who have opted to purchase the FAST Floatation Ring (FFR) to be used in conjunction with the FAST Board. Each delivery will be customized to meet the agency’s capabilities and certification as it pertains to water rescue. This presentation is designed to be delivered poolside where our instructors can demonstrate various shore-based and boat-based rescue procedures. As with all FAST-training deliveries, a brief review of the Board and loading procedures will be conducted. In this session students will learn:

- Basic water rescue communications and safety protocols
- How to load a victim onto the FAST Board with FFR while both the rescuer and victim are in the water.
- How to deploy and retrieve the FAST Board with FFR in a shore-based rescue situation.
- How to transition the board package from the water onto a rescue craft.
- Resuscitation integrated into the use of the FAST Board with FFR.

The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion

#### **FAST Board Rescue Scenarios (FBRS) 4 Hour**

\*Prerequisite: Basic FAST Board Operations (BFBO) – *This can be given as an 8 Hour course in conjunction with BFBO.*

As with all FAST-training deliveries, a brief review of the board and loading procedures will be conducted. The scope of this class will cover:

- How to move and rescue a firefighter or civilian up and down portable ladders
- How to lower the board package from an upper story window or roofline using only the components of the FAST Board and their everyday carry (EDC) in the turnout gear.
- How to solve some of the most problematic fire rescue scenarios that firefighters have encountered using FAST-tested techniques such as:
  - o The Nance Drill, which is named in memory of Columbus, Ohio Firefighter John Nance who made the ultimate sacrifice when falling through a floor.
  - o The Denver Drill, which was named in memory of Denver, Colorado Firefighter Mark Langvardt who made the ultimate sacrifice in an upper-story confined storage area.
- How to quickly rescue a firefighter who has collapsed on a pitched roof using the FAST Board.
- The “FAST Hustle”.
  - o This is a fast-paced rescue scenario that develops leadership skills and confidence in all the skills learned throughout the day's presentation.

The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

#### **Advanced FAST Board Train the Trainer (AFBTTT) 8 Hour**

\*Prerequisite: FAST Board Rescue Scenarios (FBRS) – *This can be given as a 12 Hour course in conjunction with BFBO. (12-hour course is taught over two days)*

This class will be given as a “Train the Trainer” platform. Each technique will be explained with the ‘why’ as well as the ‘how’. Students will be expected to teach the techniques to each other and will need to show understanding and the ability to transfer that understanding to the recipient. Students to be enrolled in this class should be considered high-caliber and knowledgeable firefighters. If students complete this class to the satisfaction of the instructors, they will be considered for adjunct instructor positions in future classes, with the possibility of a paid full instructor status for FAST Rescue Solutions courses. The instructor-to-student ratio is 5:1. Each student will receive a certificate of completion.

#### **Basic FAST Board HazMat RIT Operations (BFBHMO) 4 Hour**

\*Prerequisite: Basic FAST Board Operations (BFBO) – *This can be given as an 8 Hour course in conjunction with BFBO.*

This presentation is for those who have opted to purchase the FAST Drag Blanket Device for HazMat RIT Operations and can be taught as a standalone or in conjunction with the 4-hour Basic FAST Board Operations (BFBO). This program will highlight many of the specific issues facing the HazMat rescuer and the uses of the FAST Board in a HazMat scenario including:

- Overcoming the specific problems of rescuing a downed member in various levels of PPE as well as the difficulties of rescuing civilians from a hot zone
- Different configurations of the FAST Board to move equipment in and out of the hot zone
- Techniques for moving through the decontamination corridor.

Due to the need for suiting up in different levels of HazMat PPE members will require extra time between practice sessions and scenario-based evolutions. The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

### **Firefighter CPR 2 Hour**

This course will go over the importance of completing any firefighter rescue scenario with the ability to hand off a downed firefighter to advanced medical care so that medical attention can be given immediately without going through the cumbersome removal of PPE. This is possible through rapid disrobing of the firefighter while doing good quality chest compressions. The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

### **Basic FAST Board Tactical Operations (BFBTO) 4 Hour**

This presentation is for those who have opted to purchase FAST products from our Tactical Division. Training will include:

- Basic packaging of civilians and team members
- Movements up and down stairs
- How to quickly do a partial reset of the system to accomplish multiple iterations for mass casualty scenarios
- Techniques for using the FAST Board as a shield for riot control and as a barrier
- Uses of the FAST Board for combatants and defense against striking weapons

If you have opted to purchase one of our removable ballistic plates, we can assist in movement drills such as:

- Combat clearing a doorway
- Moving walls
- Building or vehicle approach

The instructor-to-student ratio is 10:1. Each student will receive a certificate of completion.

## **Lectures**

### **THE "FIVE OR DIE" Culture - 90 minutes**

Sadly, the fire service averages around 100 Line of Duty Deaths (LODD) each year. FAST Rescue Solutions, LLC is committed to being a part of reducing that number. This 90-minute presentation is a discussion of the MAYDAY event and firefighter rescue. Using statistics from Chief Don Abbotts PROJECT MAYDAY we review identified causes of the MAYDAY and discuss measures for prevention. Special attention is given to the current status of NFPA 1407 and thoughts on its effects on fire department operations.

The focus will shift to what we refer to as the "Five or Die" - One of the fire chief's worst-case scenarios: one of their own, down, unconscious, and not breathing in an IDLH environment. We will explore how to be better prepared through a candid self-assessment and how to train to defeat those worst-case scenarios. We stress that the rescue of a down firefighter starts with the firefighter next to them. Rescue techniques used with, and without, an HRD like the FAST Board will be discussed. We hope to allow the attendants to learn how to solve the common firefighter rescue obstacles of weight, force, and friction. Finally, we engage in a candid discussion on how an organization can perform a self-assessment to determine how well they will handle an 'incident-within-an-incident' when one of their own is in a real-life "Five or Die" scenario. This presentation is suited for all levels of the fire service but is particularly important for officers and leadership.