

## **Saving Our Own...FAST - "Five or Die" RIT Device Rescue** **Revised 3-15-19**

**TYPE: - Hands-On Training (H.O.T.)**

**8 Hour Total (2) Hour Classroom & (6) Hour Hands-On Training**

### **COURSE OVERVIEW:**

The core concept of Saving Our Own...FAST is the "Five or Die" concept. Strong emphasis shall be on having an unencumbered unconscious victim, above or below grade, loaded and to safety in less than five minutes. We are convinced the most reliable and consistent method to do this is by using the FAST Rescue Board.

The central teaching point is that effective RIT DEVICE operations require a modernized approach in training and equipment to meet this "Five or Die" philosophy. The bulk of this H.O.T. presentation shall be based around the FAST Board DEVICE 'Hasty' removal of a downed firefighter in a structure fire environment while operating in an IDLH atmosphere. Students will take away that RIT condensed to its lowest form is about the expedient removal of a downed firefighter. And when this is performed in less than five minutes the victims are provided the best opportunity to live and not become a LODD.

### **Learning Stations Designed to Provide RIT DEVICE Knowledge, Skills & Abilities:**

- Classroom discussion - approx. - 120 mins
- Basic FAST Board Operations - 55 mins
- FF Rescue from the Basement & Above Grade via interior stairs - 55 mins
- FF Through a hole in the floor "Improvised Hole Out" - 55 mins
- FF 'Denver' Simulator Space rescue - 55 mins
- FF Down on a Pitched & Flat Roof rescue - 55 mins
- FF Out of an Above Grade Window rescue - 55 mins
- FF CPR during FAST Board Device rescue - 55 mins

## **FACILITY REQUIREMENTS:**

In order to facilitate this high-quality training, we would desire to utilize a Public Safety Facility which would include the ability to demonstrate the above. We would prefer a multi-level SCBA Competency Building, with a peaked roof simulator and Vertical Confined Space Openings available on site. We would make every effort to best utilize whatever combination of facility and simulators available.

## **APPARATUS & EQUIPMENT REQUIREMENTS:**

In order to demonstrate FAST Board victim removal operations, we would require at least 2 rescue mannequins. A selection of portable ladders and rope belay equipment would be required to assist in assuring safety when replicating the realism and effectiveness of our delivery. Portable lighting may also be required depending on the layout of the training area. We would utilize any rescue device equipment available to provide a fair comparison in performance.

We will provide much of our own equipment for the enhanced FAST Board removal operations.

## **PRESENTATION EQUIPMENT:**

FAST Rescue Solutions LLC will provide our own laptop and sound system but may require a projector, screen and classroom with adequate seating. We will work with the customer in providing any printed materials.

## **COMMUNICATIONS EQUIPMENT:**

FAST Rescue Solutions LLC maintains its own radio system and operations channel(s) so no communications equipment would be required.

## **EMS CONSIDERATION:**

Anytime students are engaged in firefighting activity with induced stress and demands extreme physical exertion having a medical component is required. We would request the host provide this when scheduling these H.O.T. sessions.

Hydration must be a consideration when conducting H.O.T. sessions and adequate bottled water would be required.

We would work with the customer in providing refreshments at the days beginning and a light lunch for the students and instructors.