

## WHAT'S INCLUDED

The International Association of Fire Fighters' comprehensive Fire Ground Survival training program applies the lessons learned from Fire Fighter Fatality Investigations conducted by the National Institute for Occupational Safety and Health (NIOSH) and was developed by a committee of subject matter experts from the International Association of Fire Fighters, the International Association of Fire Chiefs and NIOSH. This initiative relies on the experiences that our members have faced on the fire ground so fire fighters in the same situation will be able to perform standard, potentially life-saving actions if they become lost, disoriented, injured, low on air, or trapped.

### FGS AWARENESS COURSE

The IAFF FGS Awareness Course is web-based and hosted on the IAFF website. This IAFF FGS Awareness Course is an eight-hour program; approximately 4.5 hours of streaming video instruction and approximately 3.5 hours of supporting online materials. Certificates are provided to all that pass the requisite tests contained in the program.

### FGS TRAIN THE TRAINER (TtT) COURSE

The IAFF recognizes that many jurisdictions already have qualified instructors on staff. The IAFF FGS TtT Course is hosted by a fire department utilizing IAFF FGS Master Instructors and is designed to certify FGS Instructors by the IAFF from within fire departments from the ranks of fire fighters, company officers, and chief officers. The TtT format provides 32 hours of FGS lecture and practical training, from an instructor's perspective, to allow an instructor candidate the opportunity to observe and learn from IAFF FGS Master Instructors delivering the course materials. All instructor candidates will be assessed on their ability to deliver the program as well as perform and teach each survival skill. The successful completion of this four-day FGS workshop will enable such instructors to train their fire department's recruits and incumbents who have completed the FGS Online Awareness Course.

Those successfully completing this course will receive:

- Instructor Guides
- PowerPoint Presentations
- FGS Instructional Videos
- Plans for Additional Prop Construction
- Practical Skill Evaluation Sheets

All successful trainers will be provided a certification and will also receive continuous updates of course materials. All candidates should register at least three months prior to the workshop and/or examination administration to allow sufficient time to review the FGS materials.

### FGS OPERATIONS COURSE

There are two options in providing IAFF FGS Operations Courses to a fire department. The training can be provided by those members who have completed the TtT Course and are IAFF-Certified FGS Instructors or we can provide this training directly using IAFF Master Instructors.

**Fires will always be unpredictable and dangerous. Lack of situational awareness can mean disaster on the fire ground. FGS training can be the difference between life and death.**



**However, the program can only save lives when Fire Departments choose to adopt it, train to it and use it.**

For detailed delivery methods, costs and registration, contact:  
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# Fire Ground Survival



## Are You Prepared For A MAYDAY?

## BACKGROUND

There is no other call more challenging to fire ground operations than a MAYDAY call — the unthinkable moment when a fire fighter's personal safety is in imminent danger. Fire fighter fatality data compiled by the United States Fire Administration has shown that fire fighters "becoming trapped and disoriented represent the largest portion of structural fire ground fatalities." The incidents in which fire fighters have lost their lives, or lived to tell about it, have a consistent theme—inadequate situational awareness put them at risk.



Fire fighters don't plan on being lost, disoriented, injured, or trapped during a structure fire or emergency incident. But fires are unpredictable, volatile, and ruthless — and they will not go according to your plans. What a fire fighter knows about a fire before entering a blazing building may radically change within minutes once inside the structure. Smoke, low visibility, lack of oxygen, structural instability, and the rapid change in fire conditions can cause even the most seasoned fire fighter to be overwhelmed in an instant. It's not a matter of IF the MAYDAY happens, it's WHEN!

Traditionally the guiding fire service philosophy for decades has been training for success — we teach how to put the fire out or mitigate other hazards and hope everyone goes home. What we failed to consistently do is drill for when failure does occur and without such training fire fighters do not have the practiced skills to rely on IF and WHEN they get into trouble. The IAFF Fire Ground Survival (FGS) program is the most comprehensive survival skills and MAYDAY prevention program currently available within the fire service. Incorporating Federal regulations, proven incident management best practices, survival techniques from leaders in the field, and case studies from experienced fire fighters, the FGS program prepares fire fighters if the unfortunate happens.

## WHAT DOES FGS CONSIST OF?

From the first-in recruit to the experienced commanding officer, the FGS program provides all levels of staff the step-by-step tools to use whether they are caught in the MAYDAY or leading the rescue. Through the use of mnemonics, case studies, personal experiences, the latest research in fire growth and behavior and real-time communications, personnel throughout the ranks will learn the life-saving techniques they need to know to facilitate a successful MAYDAY rescue.

In a four-day intensive train-the-trainer course, IAFF Fire Ground Survival instructors will provide participating Fire Departments with the skills they need to deliver this critical training to all of their members. Topics covered include:

- Preventing the MAYDAY: situational awareness, pre-planning, size up, air management, fitness for survival, defensive operations.
- Being Ready for the MAYDAY: personal safety equipment, communications, and accountability systems.
- Self-Survival Procedures: avoiding panic, mnemonic learning aid "GRAB LIVES"—actions a fire fighter must take to improve survivability, emergency breathing.
- Self-Survival Skills: SCBA familiarization, emergency procedures, disentanglement, wall breach with reduced/low profile maneuvers, upper floor escape techniques.
- Fire Fighter Expectations of Command: command level MAYDAY training, pre-MAYDAY, MAYDAY and rescue, post-rescue, expanding the incident command system, communications.



## FGS PRACTICAL SKILLS

Fire ground operations are conducted in a hostile and ever changing environment. Despite using every precaution and following standard operating procedures, any fire fighter can find themselves in an imminent life-threatening situation. The actions you take at that moment can mean the difference between survival and death or serious injury.



The Fire Ground Survival skills taught during the practical portion of this training include:

- SCBA familiarization and emergency procedures
- SCBA confidence
- Self-survival procedures and following a hose line to locate an exit
- Wall breach with low/reduced profile maneuvers
- Disentanglement
- Upper floor escape techniques
- Managing the MAYDAY through Incident Command
- Emergency evacuation
- Personal Escape System deployment



Each skill is introduced with a fire fighter fatality case study that highlights the importance of the skills. The skills will be taught by certified IAFF Master Instructors who will provide a background of the skill, followed by detailed instructions of the specific movements required to perform each skill safely. IAFF

FGS Instructors will also demonstrate each skill prior to student practice.