

Flashover

Recognition & Survival



Flashover Container Guidelines

Third Edition-
February 2016



State Fire Rescue Training
Flashover Container Operations Guideline
February 2016

Minimum of six (6) instructors will be needed for the first Flashover container; Minimum of five (5) instructors for each one thereafter. One container will be needed for each group of approximately (24) students. The following positions will need to be staffed: Lead Instructor (IC), Primary Inside Instructor (Instructor Line), Safety (Backup) Line, Outside Safety, Rapid Intervention Team, Secondary (Vent Cable). Where multiple burns will be conducted, add more instructors or rotate existing staff as required.

Do not operate the trailer if any safety problems or extreme weather conditions are noted. Pre-operation inspections should be completed per the Dräger Maintenance and Safety Manual. Note and report any problems encountered with the container or related equipment to your Area Office. Trailer is setup by trained SFRT staff with the lead instructor supervising, per the steps described in the train-the-trainer course, this document, the checklist, and manufacturer's instructions where applicable.



Figure 1



Figure 2

Select a site that will allow for water drainage (runoff) and positioning of fire apparatus if applicable (Figures 1 and 2). Remember soft soil will allow sinking of apparatus and mud may create a problem. Decomposed granite, asphalt, and cement are ideal surfaces. If soil conditions do not lend themselves to a clean operation, you may want to consider having gravel or decomposed granite brought in as a base. Consider smoke travel and wind direction in your placement. If possible place upper container so that it faces into the prevailing wind. During setup and operation, consult the Dräger Maintenance and Safety Manual.

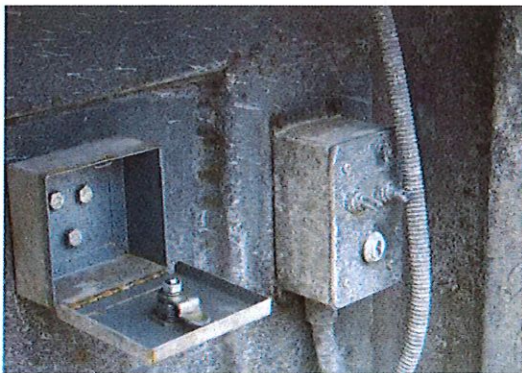


Figure 3

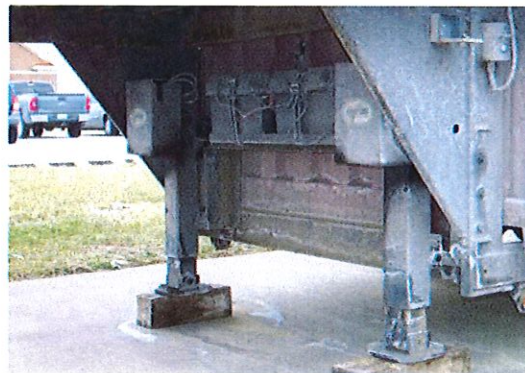


Figure 4

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Locate the keybox (Figure 3) which will contain the keys used to operate the trailer. You will need a key to operate the switches (Figure 3) which will raise and lower the trailer. You will need solid materials on which to set the jacks. Do not use the concrete pavers provided to level or support containers. These have been provided to cover the floor of the upper container. They are for protection from the severe heat generated in this area. Procure other material if necessary for this process. Set the container with a very slight elevation in the front to allow the drainage of water (Figure 4).

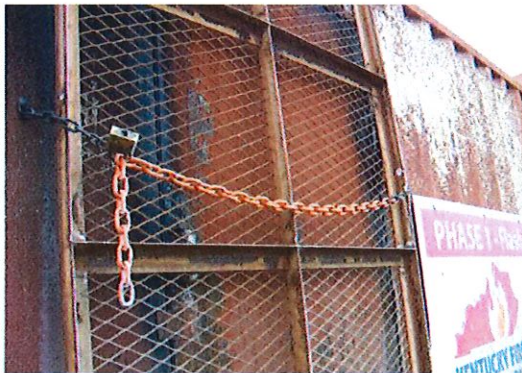


Figure 5



Figure 6

Remove fasteners, chains, and/or locks that are installed to keep side doors secure during transport (Figure 5). Be careful to keep the area clear of obstructions when lowering the ramp (Figure 6). Do not use bungee cords to secure doors, ramps, or platforms.



Figure 7

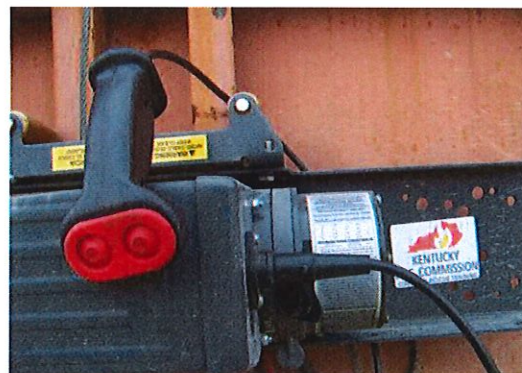


Figure 8

On the front of the container (Figure 7), locate the winch and cables required to power and operate the winch. Make necessary connections to the connector on the container, and on the winch motor (Figures 8 and 9). Carefully place clamps onto battery (Positive first, then negative) to power the winch (Figure 10). Clear everyone from the area especially from the fall zone of the platform.

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Figure 9



Figure 10

Loosen the chains holding the platform (Figure 11), while positioned beside the container away from the platform door. **Again, be extremely cautious while lowering the front platform and keep everyone clear of the area until the legs completely reach the ground.** (Figures 12 and 13).

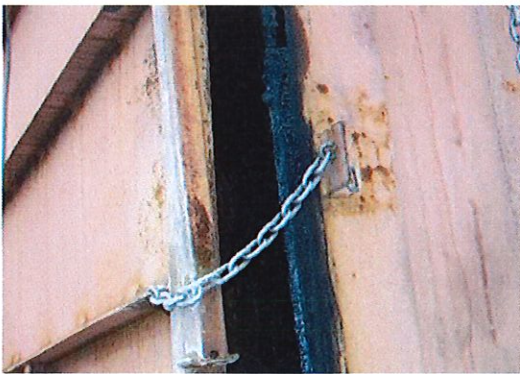


Figure 11



Figure 12

Chainsaw, torch, and other related items: Check condition and fuel level of these items before leaving the Area Office, if possible (Figure 14). Also, check to ensure that there is enough Masonite, wood, and straw inside the container before departing. Work through the area office to obtain additional materials, if they are required.



Figure 13

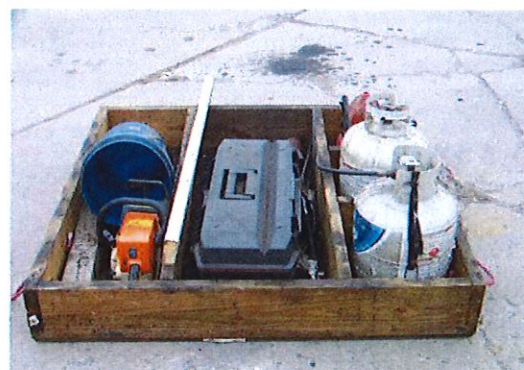


Figure 14

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Figure 15



Figure 16

Unload the Masonite from inside the container, to a safe location within the operations area (Figure 15). It may be desirable to place the sheets on a pallet (Figure 16). Continue to remove all of the other materials located inside the container (Figure 17 and 18) to a proper, safe location in order to eliminate trip hazards and so forth. Ensure all doors have had all locks removed and that the container is completely empty.



Figure 17



Figure 18

Hoses and Nozzles: 1 ¾ inch handlines are used (Figures 19 and 20). The main instructor line is equipped with nozzle provided or a reduced to a smaller spray tip, supplied at approximately 65 GPM @ 60 to 75 psi. Backup and other lines must be supplied from different water sources and capable of supplying at least 95-125 GPM @ 95-125 psi of nozzle pressure or as required by the specifications for the nozzles (Figure 20). Other handlines with fog nozzles may be used outside the trailer to demonstrate nozzle techniques, but don't spray the outside of the container.

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Figure 19



Figure 20

Other Equipment: Full PPE with SCBA (Each person inside operations area), optional portable lighting, and Thermal Imaging Camera (TIC). Students will need to bring spare cylinders and/or air unit for refilling cylinders may be requested. Other items that may be needed for rehab: Bottled Water (Example-Figure 21), Ice, Cooler (Example-Figure 22), and other items as required. Depending on certain environmental conditions, placement of a pop-up tent and fans may also be desirable. A Rehab unit may also be requested through your area office in certain instances.



Figure 21



Figure 22



Figure 23



Figure 24

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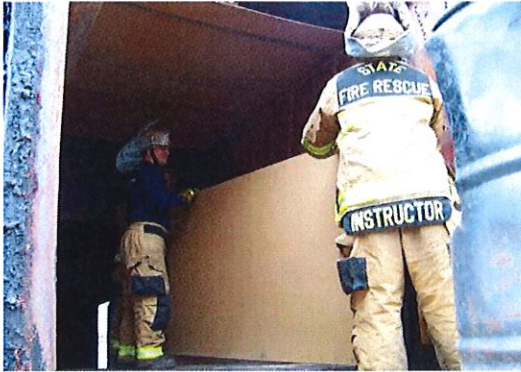


Figure 25



Figure 26

Masonite: 7 ½ Sheets per burn. Consisting of: (2) full sheets on sidewall next to barrel, (2) ½ sheets on door next to barrel. (1) ½ sheet on door opposite of barrel (as this helps eliminate waste. (1) Full sheet on wall opposite of barrel. (3) Full sheets on ceiling. Sheets cut for the doors must be cut fairly straight or the doors may not close. Do not attempt to cut door sheets by slamming container doors on them, as this can cause binding of the doors. Ensure a tight fit into each corner and against ceiling and side walls. Chains holding material in place are to be adjusted in accordance with instructions in the maintenance manual. The Masonite can be loaded rough side or smooth side out (Figures 23 and 24). There is no apparent difference on which side is facing the flames in the burn chamber. Masonite allows the fire to develop faster than Oriented Strand Board (OSB). This rapid development must be closely monitored so that no one is caught off-guard. The Masonite material is based on manufacturer's recommendation and no other wood shall be used to line the walls of the chamber than this material, unless modified by the director of State Fire Rescue Training through written communication at a later date.



Figure 27



Figure 28

Burn Barrel/Crib Fire: Slot in burn barrel faces the center of the chamber. Roughly 2 ½ pallets (Broken apart) will need to be used along with other optional class A material such as straw or cardboard. Load barrel with wood and optional Class A material such as straw, paper, or cardboard. Pack material relatively tight so that it will last. Stagger the wood so that it will stay in place. Leave some wood contacting the walls so that the fire will be able to spread. Never use any other materials, including any type of liquid to start the fire.

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Figure 29



Figure 30

Pre-Burn Walkthrough/Safety Briefing (Figure 29): Must be performed in accordance with NFPA 1403, before conducting Live Fire Training. Orientate students to the container (Figure 30), as to safety/evacuation procedures (Which door(s) may be used to exit and accountability issues), and what they can expect during the live fire evolution. Should a student need to leave the container during the burn exercise, instruct them to by crawl low and immediately move to the rear of the container. The backup instructor will then assist the student to exit. Stress the importance of not staring at the fire for prolonged periods (Decreases possibility of damage to PPE), do not stand up while rotating (Unintended consequences), and not compressing turnout gear while hot. PASS devices and voice amps may sound and distract attention during the evolution, so ask instructors and students to be aware of these issues to minimize the distraction. Be sure to stress the importance of hydration before and after the evolution. While inside the Flashover Simulator, talking will be limited to the instructors unless an emergency occurs or the instructor asks a question. Otherwise, talking should be kept to a minimum so students can hear the instructor and receive directions. Students and instructors should monitor their PASS devices, so that the entire group can hear the instructor.



Figure 31



Figure 32

Point out to students where the rehab area (Figure 31) will be located, restrooms, air filling station, and EMS will be staged (Figure 32). During operation of the Flashover Simulator, the side doors remain available as exits and shall be prevented from being locked while the Flashover Simulator is in use. The front and rear double doors are latched to prevent unintentional opening, which could impact the evolution. When not in use, the Flashover Simulator will remain locked to prevent unauthorized access and use.

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Before Entering: Personnel entering the Safety Flashover Simulator for training and/or overhaul will be required to wear their full array of personal protective clothing and equipment, consisting of turnout-gear (coats and pants), helmet, gloves, protective hoods, boots and Self-Contained Breathing Apparatus (SCBA) (Figure 33). Protective ensemble and components shall be less than 10 years of age, per NFPA 1971. Prior to live fire portion of the evolution, a safety briefing and gear check of all personnel will be required and conducted at the entrance door. Entry is not allowed until all gear is properly donned, all skin is covered, and secured and in operational condition. Safety Officer will check to ensure that cylinder valve is completely open, air level of the cylinder, and that PASS device is active. Helmet shrouds must be in place and secured. Any student or instructor not in compliance will not be allowed to participate during live fire training. The Lead Instructor will direct all personnel to connect regulator and begin breathing air from the SCBA (Figure 34).



Figure 33



Figure 34

Starting Interior Operations: Lead instructor shall inspect the system and ensure readiness before lighting a fire: 1) Vent and Baffle in Open position; 2) Torch full and placed on the floor of the burn chamber; 3) Optional flashlight in place, side doors open, and front/rear double doors shut/latched; 4) Hoselines in place with proper pressure and air removed; 5) Brief all instructional staff on responsibilities and NFPA 1403 compliance is ensured.



Figure 35



Figure 36

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Interior Operations:

- 1) Secondary Instructor guides the students into position within the system. Ensure placement of one (1) instructor at the side door, to hold the door open with the provided handle.
- 2) Do not light the crib until all students are in place. Ignition of the crib should have sustained flames extending above the barrel when the torch is removed. You should hear crackling of the wood at this point. Instructor should verify that all students have connected the SCBA regulators to the facepiece and are on positive breathing air.
- 3) Secondary Instructor remains standing and anticipates when to retrieve the torch from the Lead Instructor after ignition. Remove the torch to the outside of the system and place a safe distance away. Be careful not to burn the hose of the torch with the hot nozzle.
- 4) Secondary Instructor returns to the interior, closes the vent, closes and latches the baffle (Figure 36), unlatches the left door and sits down in position at the left door. Be sure to discuss this baffle during the walkthrough, and the need to stay low in order to avoid striking the baffle when exiting.
- 5) Once the crib fire has been ignited it is now referred to as the "Seat of the Fire." Instructor at the nozzle has control over the development of the fire, which has an impact on the temperature within the Flashover chamber. To directly control the fire, the instructor should hit the barrel and avoid rapidly cooling walls or other exposed metal surfaces. Do not allow the fire to progress long after Flashover, as this will result in increased temperatures and may result in injury and/or equipment damage. Be sure to tell students that some of the nozzle techniques that the instructor will be using will be for the purposes of this demonstration only.
- 6) If possible, keep feet tucked in to allow more room. Face toward audience and position speaker microphone so that it is facing the audience. Explain to the students that the Flashover will occur in front of the damper and that they are viewing the Flashover below grade. Remind students that in real life, they would be at the same level with the Flashover. Reinforce fire behavior concepts learned during the lecture and safety issues discussed during the walkthrough. Discuss layering, turbulence, ventilation, etc. Explain to your students the two (2) different environments they will witness. One in which the visibility is clear (The first evolution). The remaining evolutions when there is little to no visibility.
- 7) Side doors may generally remain open until Flashover occurs, but this may be based on weather conditions. The vent will remain closed. Emphasize the changing smoke conditions. Point out the pressure and velocity of the smoke next to the walls and in the center of the chamber. Student with the Thermal Imaging Camera (TIC) can observe the changing conditions and rise in temperatures.

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8) Close the doors when flames begin to exit the burn chamber and Flashover has occurred. Apply short bursts of water with a straight stream across the burn chamber. The chamber should go dark and all active flames shall be suppressed. Survey your students for comfort level and after a few moments rotate student position (Figure 45). Doors shall remain closed during rotation. Students must exchange door position hand for hand.

9) Open the doors once the students have settled into position. Have your students' witness the rushes of fresh air enter through the doors. Seat of the fire will re-establish, smoke condition change rapidly and Flashover reoccurs. Close the doors, apply water to remove active flames. Rotate students and repeat the process. **IMPORTANT:** If flames begin to drop to below the damper, open the vent for several seconds to evacuate excess heat.

10) Demonstrate vertical ventilation on the last evolution. Lead Instructor will determine the end of the training session based on student feedback, consumption of material and/or inability to develop fire gases. Lead Instructor calls for the vent to be opened simulating vertical ventilation. Students should witness the intensity of flames as they exit the vent. Close the doors and extinguish any active flames with shorts burst using a straight stream. Students exit the container by crawling.

11) Secondary Instructor exits system, opens and latches doors, opens back door, re-enters systems, opens baffle, and reliefs Lead Instructor from the nozzle. Secondary instructor opens nozzle fully and with a straight stream directs water into the barrel only.

12) Lead Instructor immediately exits the system and conducts an accountability report with the involved students. Survey for any injuries, doff equipment, re-hydrate and begin discussion.

13) Secondary Instructor continues to flood the barrel for several minutes to humidify remaining material. Secondary Instructor remains on SCBA and opens the burn chamber rear doors. Back-Up team shall stand-by with hose line. Secondary Instructor enters burn chamber and quickly removes material from the ceiling and then the walls. Remove barrel and all large pieces of material (Figure 37). Use a straight stream to sweep the floor inside out being careful not to squirt metal walls or ceiling.

14) The system can be reloaded after more thorough evacuation of embers. Check any ledges for embers. Chains and walls remain very hot. Use as little water as possible during the overhaul phase as to not damage the metal within the burn chamber. Remember, everyone in the operations area must remain in Full Personal Protective Equipment and SCBA as appropriate.

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Figure 37



Figure 38



Figure 39



Figure 40

Exterior Operations: The next group(s) of students in the rotation may view the activities outside or nozzle techniques. If nozzle techniques are to be demonstrated, a line from the back-up water supply can be used. The instructor can discuss smoke, movement of hose, conducting a size-up, etc. By watching the velocity, density, and color of the smoke many things about the fire inside can be revealed (Figures 38-40). Discuss things like arriving on the scene of an actual fire and seeing the smoke color, density, etc. change. Nozzle techniques discussed in the lecture, may be demonstrated.

Cleanup/Demobilization: Make sure any hot embers are extinguished and properly disposed of (Figures 41 and 42). This may require the use of a separate container or dumpster. The chamber may require a cool-off period with doors and vents open for upwards of 20-30 minutes before reloading/transporting. Make sure everything gets cleaned and returned to its prior location for the next use (Figures 43 and 44). Ensure that all doors and ramps are properly secured and locked. Perform a walk around inspection of the chamber before transporting it.

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Figure 41



Figure 42



Figure 43



Figure 44

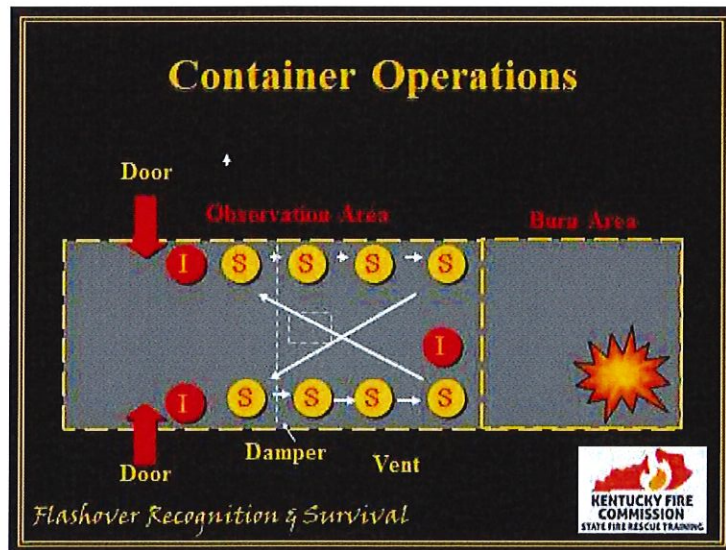


Figure 45

LIVE FIRE Course Competency Validation Form

Required for students participating in LIVE FIRE training

The 2012 edition of NFPA Standard 1403 requires that: "Students participating in a live fire training evolution who have received the required minimum training from other than the authority having jurisdiction shall not be permitted to participate in any live fire training evolution without first presenting prior written evidence of having successfully completed the prescribed minimum training to the level specified in 4.3.1."

NFPA 1403 requires "student prerequisites" to permit participation in live fire training evolutions. These prerequisites are;

<u>TOPIC</u>	<u>Chief Officer (initials)</u>	<u>TOPIC</u>	<u>Chief Officer (initials)</u>
1. Safety	_____	7. Water supply	_____
2. Fire Behavior	_____	8. Ventilation	_____
3. Portable Extinguishers	_____	9. Forcible entry	_____
4. Personal Prot. Equip.	_____	10. Building construction	_____
5. Ladders	_____	11. Fire hose, appliances, and streams	_____
6. Overhaul	_____		

The Chief Officer of _____ Fire Department authorizes that _____ has completed the prerequisites and may participate in the live fire training evolutions presented by SFRT.

You must be at least 18 years of age and a member of a Fire Department or an Industrial Fire Brigade recognized by the Kentucky Fire Commission to participate in LIVE FIRE delivered by State Fire Rescue Training. ID's will be checked by SFRT instructors before allowing students to participate in the LIVE FIRE training.

All Personal Protective Equipment (PPE) of the above referenced student is less than ten (10) years from the date of manufacture.

SFRT requires that all students must be compliant with OSHA 29 CFR 1910.134;

Facepiece seal protection.

"1910.134(g)(1)(i) -The employer shall not permit respirators with tight-fitting facepieces to be worn by employees who have: **1910.134(g)(1)(i)(A)** - Facial hair that comes between the sealing surface of the facepiece and the face or that interferes with valve function;" (hair growth between the skin and the facepiece sealing surface, such as stubble beard growth, beard, mustache or sideburns which cross the respirator sealing surface)

Signature of Chief Officer: _____

This form must accompany any registration form for LIVE FIRE training courses.

Flashover Recognition Simulator Checklist

Date: _____
Course Code/Category: FC-40000
Course Type: Mobile Training Prop
Course Location: _____
City: _____ State: _____ Zip Code: _____

Preparing Prop for Live Fire

- 7 1/2 Pieces of Masonite needed; 2 pieces need to be cut to properly fit the 2 doors on the fire room. Double the Masonite on the side of the Burn Room where the Class A Fuel Barrel will be placed; the side with the Class A Fuel Barrel shall rotate after each burn, when doing multiple burns.
- Cut 4 normal sized pallets (skids). 3 of these are for the burn barrel, 1 is to be placed between the Masonite and the chain on the Class A Fuel Barrel side.
- 1 ¾ Handline placed on the platform for overhaul of the Burn Room.
- 1 ¾ Handline with low pressure, low GPM Instructor Nozzle. (65 GPM)
- 1 ¾ Handline with Safety Line Nozzle. (125 GPM)
- All doors double checked to ensure that there are no locks are on any of the doors on the prop. All locks are to be locked to the Burn Helmet Storage Can during any Live Fire evolutions.
- Gather and/all equipment and place at the appropriate staging area; Burn Helmet Storage Can, Propane Torch, Shovels, Brooms, Mixed Fuel that is carried on board for the Chainsaw, etc.
- Build crib for the Ignition Officer to ignite as described in the SOP.

Pre-Use Inspection

- Verified ALL padlocks are removed as defined in the previous section.
- Inspected container for damage or any unsafe conditions.
 - All Doors Functional.
 - Vent and hatch opening mechanisms functional.
 - Slip, Trip & Fall hazards eliminated.

Inspected By: _____
Signature: _____

***NFPA 1403 shall be followed by every instructor and student during the entire training. An appropriate "walk through" shall be conducted prior to the ignition of the first live fire evolution. During the 1403 "walk through" students will be directed on the proper way to rotate positions during the live fire evolution.**

Evolution Flow

1. Students don PPE and SCBA, as well as facepiece. (Students will be told when to clip in to air source by Interior Lead Instructor on each evolution).
2. Turn on SCBA (valve open fully) and ensure PASS device activates.
3. Enter Container after Instructor at the Entry Door evaluates your PPE ensemble. A designated instructor shall check PPE on students and instructors prior to each evolution.
4. Safety Officer shall confirm with Interior Lead Instructor of how many students and instructors that they should have in the container. Lead Instructor shall recount and confirm that number with Safety Officer prior to ignition.
5. Pull Instructor handline to a side door and ensure appropriate pressure.
6. Pull Safety handline to a side door and ensure appropriate pressure.
7. All students and instructors shall go on air in their SCBA prior to lighting the fire.
8. Ignition Officer shall be in an SCBA, Breathing Air, when igniting the burn room.
9. Propane ignitor shall be carried outside of the container with the ignition officer and secured outside of the designated "Hot" Zone.

Post-Use Activities

1. Insure Accountability for all participants
2. Overhaul burn chamber
5. Inspect simulator for any damage that may have occurred
6. Return any unused materials to the proper storage area
7. Return any equipment to its area
8. Take locks off of Helmet Storage Container and place on Burn Room and Observation Doors securing equipment.
8. Complete any necessary incident reports for injuries and/or damaged equipment. If there is anything damaged, it needs to be reported at this time. Have students inspect their equipment prior to leaving the training ground. Also ask if anyone has an injury that they did not have prior to starting the training session on that particular day.

State Fire Rescue Training
Live Fire Training/Testing Evolutions Standards, Procedures, and Guidelines

ALL Live Fire Training Evolutions will be conducted in accordance with the current edition of the NFPA 1403 standard and/or the following procedures or guidelines.

1. The Instructor-in-Charge shall meet the requirements of NFPA 1041 and NFPA 1403 standards.
 - A. Compliance with NFPA 1041 means the instructor is a minimum of a Kentucky Certified Fire Instructor Level 1.
 - B. Compliance with NFPA 1403 means the instructor has attended and completed all the requirements of the Kentucky Fire Commission approved NFPA 1403 course.
2. All students whom will be attending and participating in any live fire training evolutions shall have a Kentucky Live Fire Course Competency Validation Form completed and signed by their Fire Chief prior to attending the course.
3. The functional position of a safety officer shall be appointed for all live fire training evolutions and trainings.
4. The functional position of ignition officer shall be appointed in all live fire evolutions that require ignition by means other than automatic lighter/flame/ignitor.
5. All instructor and student Personal Protective Equipment (PPE) shall be in compliance with NFPA 1971 and not older than 10 years from the date of manufacture.
6. All instructor and student breathing apparatus shall be in compliance with NFPA 1981 and DOT-SP 10915.
7. At no time shall an instructor or student be permitted to have a phone, camera, or other type of media recording device within the operational area of a live fire training evolution. (Exception: When permission granted by the Executive Director of the Kentucky Fire Commission, Director of State Fire Rescue Training, or Director of Fire Commission Operations.)
8. At no time shall any spectators or visitors be permitted in the operations area of a live fire training evolutions while active operations are present.
9. A preburn walk through or talk shall be conducted prior to any live fire operations within an acquired or simulated structure and/or exterior prop so that all students are familiar with the structure or prop operations, safety, and limitations.
10. All RIT teams shall be staffed with a minimum of 1 instructional staff and not less than 3 total members.
11. A minimum of basic life support (BLS) capabilities shall be present at all live fire evolutions with BLS transport capability at all acquired structure burns.

12. All facilities and/or props to be used for live fire evolutions shall be inspected prior to use for damage, alterations, and or safety concerns prior to any operations. All findings positive or negative shall be documented and maintained by the Instructor-in-Charge.
13. When the Kentucky Fire Commission/State Fire Rescue Training is involved with or conducting any live fire evolutions in structures or props not owned by the Kentucky Fire Commission it shall be the responsibility of the managing agency to provide the lead instructor/representative with the appropriate and current facility/prop NFPA 1403 compliant inspection reports when applicable.
14. All safety, injury, and/or other reports shall be completed and maintained by the Instructor-in-Charge of the live fire training evolutions. Final documentation shall be maintained by the regional State Fire Rescue Training office.
15. All fuels utilized during live fire evolutions shall be in accordance with the requirements of the manufacturer or as directed by EPA, NFPA, and Fire Commission standards, policies, procedures, and/or guidelines. (Kentucky Fire Commission live fire evolutions will utilize only LPG, pallets, straw, cardboard or other fuels as directed by the manufacturers of the designed and purchased props both structural and/or exterior.)
16. Communications guidelines shall be addressed, monitored, and maintained prior to and during all live fire evolutions.
17. All hose utilized during live fire evolutions shall be NFPA compliant.
18. All nozzles utilized during live fire evolutions shall be NFPA compliant and a minimum of 95 gallon per minute (gpm) unless otherwise directed by the manufacturer of any structural or exterior prop utilized by the Kentucky Fire Commission.
19. All live fire evolutions shall have a minimum of two (2) NFPA compliant pumping apparatus for the duration of all live fire evolutions.
20. Water supply for live fire evolutions shall be from two separate water sources not to include apparatus tank water if apparatus onboard water is to be considered reserve water.
21. All live fire evolutions shall have a minimum of 2000 gallons of water in reserve on hand for live fire evolutions in fixed or mobile structures or props. When live fire evolutions a being conducted in an acquired structure a minimum of 3000 gallons of water shall be in reserve. If a greater amount of water is required by NFPA 1403 and or NFPA 1142 following a calculation of the fire flow demand then the greater amount is required.

State Fire Rescue Training
Flashover Container Safety Rules and Guidelines
(Complete Only if Participating in Live Fire Evolutions)
February 2016

WARNING! BEFORE YOU PARTICIPATE IN THE LIVE FIRE TRAINING COURSE, YOU MUST CAREFULLY READ, FULLY UNDERSTAND, AND STRICTLY FOLLOW THESE SAFETY RULES. ADHERENCE TO THESE RULES WILL PREVENT INJURIES AND PREVENT DAMAGING EQUIPMENT.

The following rules and guidelines regarding your Flashover Survival & Recognition Training, including that part of the training conducted in the training simulator. (Collectively, "The Training") has been carefully organized, tested and proven. They have a single purpose: YOUR SAFETY AND WELL BEING. You must take the time and effort to follow them carefully. The rules and guidelines are as follows:

1. IF YOU ARE NOT IN GOOD PHYSICAL CONDITION, YOU MAY NOT PARTICIPATE IN THE TRAINING. For example, if you have health problems, high blood pressure, emphysema, or diabetes you shall not participate in the training. If you have any question as to whether you are in good physical condition, you must consult your physician and ask his or her advice before participating. The elevated temperatures and heavy clothing can cause high output cardiac failure.
2. GOOD HYDRATION IS IMPERATIVE. Your bodies will loss fluid during the training exercise through perspiration. It is essential to drink plenty of fluids starting the day before the exercise, and continue to replace your losses throughout the day. Mineral water, i.e. Gatorade, is the liquid of choice.
3. YOUR HEALTH MUST BE VERY GOOD. For example, if you are suffering from a cold or other infection such as the flu, do NOT go into the simulator. These minor discomforts of everyday life can be very dangerous when your body is put under the additional heat stress. For example, if you participate in the Training while suffering from a respiratory infection, it could cause heart damage or worse.
4. KEEP TALKING TO A MINIMUM. It is difficult for the instructor to talk and be understood while using SCBA. Should anyone need to leave, you must first notify the instructor. Questions are encouraged.
5. YOU MUST NEVER STAND ERECT DURING LIVE FIRE TRAINING. When exiting the container, a low position must be maintained. Discipline is imperative and essential to prevent injuries. Do not touch yourself or others in the container or after exiting, until you have cooled down.
6. ALL OF YOUR PERSONAL PROTECTIVE EQUIPMENT (PPE'S) MUST NOT BE COMPRIMISED. Your safety clothing must be in good repair. Long sleeve T-shirts are recommended. Flash Hoods are mandatory. No bare skin may be showing when you are ready to start.

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7. BREATHING APPARATUS MUST BE WORN AT ALL TIMES DURING A BURN. It is recommended the safety person on the back up line wear and use breathing apparatus. (Reason: To insure the ability to rapidly enter, if needed, and to protect the respiratory tract from stray smoke.)

8. THE NOZZLE AND HOSE LINE MUST ALWAYS BE KEPT CLEAR. Always make sure that no one is standing or blocking free movement of the nozzle and hose line. All lines must be charged and purged of air before starting the exercise. A backup line from a separate water supply is mandatory.

9. YOU MUST WASH UP BEFORE EATING. Ingestion is a common route into the body for contaminants.

10. WASH YOUR TURNOUT GEAR AND UNDERGARMENTS. This will help keep your skin absorption of any contaminants to a minimum.

11. FOLLOW ALL OTHER SAFETY INSTRUCTIONS provided by the instructor during class.

Good luck in your Flashover Recognition and Survival Training and keep it SAFE.

By signing below, I acknowledge and attest that I have carefully read these SAFETY RULES AND GUIDELINES, that I fully understand them, that I will strictly follow them, and that the instructors of the Flashover Recognition and Survival Training have explained to me the crucial importance of complying with these SAFETY RULES Print your name on top line, then sign and date below it.

Print _____

Sign _____

Date _____