

SCBA BREATHING CONTROL EXERCISE

Purpose: The purpose of participating in this exercise is to familiarize the wearers of self-contained breathing apparatus with their SCBA's by simulating stresses similar to those experienced on the fireground. By practicing in a non-hostile environment, the users of SCBA will experience the physical limitations encountered when wearing SCBA's. In addition, the users will learn to control their respiratory rates by focusing on their breathing while under working conditions.

Materials Needed:

- Stop watch
- Full turnouts
- Breathing apparatus
- 24 ft. or 26 ft. extension ladder
- Hose pack (structure)
- Forcible entry tools (Halligan tool and pickhead ax)
- Rescue dummy
- Clipboard with evaluation sheet
- Fire apparatus with 200 ft. 1 1/2 transverse line

Procedure: A proctor will accompany the individual being tested. There will be a specific time limit to perform each task, after which there will be time given to allow for travel and rest between stations. The proctor will assist the individual by keeping him/her apprised of the time allotted for each station. All SCBA fit-testing will be done during the rest period at 7 minutes if required. Total time for the exercise is 30 minutes.

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(continued)

Event	Time Allotted For Task	Running Time
• Don SCBA	1 min	1 min
• Pull 200 ft. transverse 1 1/2 line		
• Ladder building with 24 ft. extension ladder - one story		
• Climb ladder with pickhead ax - one story		
• Lower extension ladder SCBA Fit Test	7 min	8 min
• Drag rescue dummy while crawling for 50 feet	2 min	10 min
• Rest - standing or sitting	2 min	12 min
• Walk briskly for one minute	1 min	13 min
• Walk for one minute while carrying a hose pack and halligan tool	1 min	14 min
• Walk briskly for two minutes	2 min	16 min
• Rest - standing or sitting	5 min	21 min
• Crawl 50 feet in two minutes	2 min	23 min
• Climb ladder with pickhead ax - one story	1 min	24 min
• Walk briskly while carrying a hose pack for two minutes	2 min	26 min
• Walk briskly for one minute	1 min	27 min
• Rest - standing or sitting	3 min	30 min