



Keeping you Knowledgeable, Safe, and in Compliance!

Ernest A. Emerson
Fire Protection Resource Library

A Volume From the Library

Skills Training Safety

There are many aspects to being firefighter besides putting out fires. There's plenty of work to be done when you are not out answering calls. Station maintenance, keeping yourself in shape and completing training exercises are just a few of those duties. Your department may prefer to train on skills you rarely get an opportunity to perform or they may take a "practice makes perfect" approach to improve response times and refine abilities.

Whether you are doing training so that you don't "lose" a skill or simply honing a skill to perfection, it is important to keep a focus on safety. Always keep in mind that pain is your body's way of telling you to stop. One of the main goals of training is

to prevent future injury at a live call, so remember that it is okay to stop an exercise because it is not real.

You may find dynamic stretching of major muscle groups helpful when done before a training exercise (*check out the sidebar for videos of some dynamic stretches*). Focus extra time or stretches on any muscles that feel tight in order to prevent injury.

Preventing injury during a skill training session primarily involves paying extra attention to your surroundings. Many injuries that occur during training involve missing a step when dismounting from the apparatus, tripping over a hose or stepping in holes in the ground.

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Visit us at the William B. Travis Building:
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Additional Resources:

- [Dynamic Stretching video](#)
- [More Dynamic Stretching](#)
- [Live Burn Training Mishap \(WARNING: Graphic\)](#)

Training Videos

SAFETY STANDARDS FOR THE FIRE SERVICE

AV06-1982 Length: 13:00

Format: DVD Author: ATS

This program presents how fire fighting risks are minimized by following widely accepted safety rules and procedures. The training objectives for this program are to identify the basic firefighter responsibilities of NFPA standard 1500, to demonstrate how to safely use fire service tools and equipment, and to present safety practices to follow in the fire station and during training. (2003)

REHABILITATION IN THE FIRE SERVICE, PART 1 AND 2

AV08-2230 Length: 60:00

Format: DVD Author: FETN

One of the forgotten sectors in the incident management system is the rehabilitation sector. The rehab sector helps preserve the health and welfare of firefighters. Part 1 of this FETN training pro-

gram explores how to set up and manage a rehab sector for small or large incidents. It lays out the medical aspects of rehab and the physiological and psychological needs that rehab addresses. It lists 3 primary components that rehab should consider, lists typical manpower needs for staffing a rehab sector, and lists typical equipment needs for providing appropriate rehab services. Part 2 starts by explaining how rehab was handled during a 7 alarm fire in Newington, NH in 2000. It looks at specifically designed rehab vehicles and then discusses various rehab programs. A study guide accompanies the DVDs. (c.2002, DVD format 2008)

BACK SAFETY FOR FIRST RESPONDERS

AV10-2467 Length: 20:28

Format: DVD Author:

COASTAL

First responders - law enforce-

ment and firefighting personnel - are at especially high risk for back injuries due to the nature of their work. To help avoid back injuries on the job, Coastal Training Technologies Corp. has produced 'Back Safety for First Responders.' This new video training program gives an overview of back basics by teaching the viewer about how the vertebrae, discs and muscles work. The warning signs of back injury are discussed and methods for protecting the back are taught. Specifically noted are the most common ways first responders sustain back injuries. The video ends with back strengthening exercises. This DVD can be played in both English and Spanish. It comes with a guide and quiz. (c2004)

SCENE SAFETY AT STRUCTURAL FIRES

AV08-2206 Length: 30:00

Format: DVD Author: FETN