



WINDOW BAILOUT WITH PETZEL – TYING OFF

Scarsdale Volunteer Fire Department – Scarsdale, New York

Captain Lou Mancini

Skills Sheet 01-01-02

Last Updated July 1, 2021

OBJECTIVES:

1. The Firefighter, after donning full PPE and SCBA, will call a Mayday and deploy his Petzel bailout system and while utilizing the “tying off” technique will effectively and safely perform a window bailout.
2. Identify all parts of the Petzl EXO bailout system, their functions, abilities, and use.
3. Become familiar and proficient in calling a Mayday and use of LUNAR acronym (Location, Unit, Name, Assignment and Resources needed).

Equipment Needed: Full PPE, SCBA, Gemtor Harness, Petzl EXO bailout system, Sterling Lighting GT hook

Bailout training will be performed utilizing the Window Bailout prop at SFD Headquarters with at least two (2) Volunteer Officers, or at SFD Training Building with additional supervision.

Resources: IFSTA Essentials of Fire Fighting and Department Operations, 7th ed., Gemtor, Petzel and Sterling Manufacturer’s recommendations and training videos (see below).

EXO – Personal Escape System for Firefighters – Petzl <https://www.youtube.com/watch?v=GqPyDMH6Xs8>

Petzl EXO: Firefighter Personal Escape - <https://www.youtube.com/watch?v=u--5QawwiZk>

Sterling Rope Lighting Hook and Lightning GT - <https://www.youtube.com/watch?v=2vfIIJ2FHx0>

Sterling Rope Lightning Anchor Hook and Lightning GT - <https://www.youtube.com/watch?v=DycW7nKC-Ck>

The Firefighter Bailout – Fire Engineering - <https://www.youtube.com/watch?v=ePcTB2dPHms>

TYING OFF EMERGENCY WINDOW BAILOUT:

1. Firefighter in full PPE and SCBA will recognize the necessity for an emergency window bailout and will call a Mayday.
2. Identify window and breach if necessary. Identify item to utilize as a tying off anchor. Firefighter will stay low to the ground prior to exiting the window.
3. Find bailout hook and aggressively “pull up” getting the descending device in front of you.
4. Firefighter will perform a “Staying Alive” pose, pulling the hook up with the left hand, and while holding and disengaging the EXO decender with the right hand, pull the decender down in the opposite direction in order to provide additional rope to work with.

TIE OFF – CON'T

5. Wrap the hook around the object and place on top of rope. Snap the rope into the gated area of the Sterling Lightning GT hook, and wrap the rope around the hook and into the gate again.
6. While staying low, move towards the window. Continue to disengage and keep the EXO decender open as necessary and to feed rope out of your bag as necessary to get to the window. Your hand should run down the rope with your right hand feeding the rope out of your bag and your left hand operating the decender.
7. After reaching the window, the Firefighter in one motion will exit the window, putting the left hand on the window sill and the right hand on the rope, just past the decender.
8. While staying low in the window, exit the window low and at a diagonal angle, with your right hand at "Five O'Clock" position. Remember to "Punch out to 5 o'clock" with your head aiming down.
7. While exiting your, right leg should follow you out the window, but your left leg should stay inside, hooking the window and stopping you momentarily. When you decide to continue, your left leg should exit the building and you should become upright with your left hand still on the sill. Once you are weighted into the system, release your left hand.
8. Firefighter will operate the decender with the left hand and your right should be pointed out to 3 o'clock with rope in hand, feeding the rope out of your bag.
9. Decend slowly to the ground.
10. Following completed bailout, Firefighter will inspect the bailout system rope and repack and reset the bailout system.