



Drill Lesson Plan

"Bailout"

Goal: For all interior volunteer officers and firefighters to maintain the knowledge of the petzel exo system and how to bailout of a window if necessary.

Requirements: All firefighters will don their full PPE w/o SCBA and review the steps to properly bailout a window using their SFD issued petzel exo system. Each firefighter will bailout the window prop, located at SFD HQ twice and do their "tie off" twice at the metal staircase. Prior to the end of the drill all firefighters will extend the rope completely out of the bags and inspect the rope and repack.

Objectives: At the end of this drill all firefighters will be:

1. Familiar with the parts of their bailout system.
2. Be able to properly bailout "at the sill" of the window.
3. Be able to properly "tie off" on a substantial object
4. Inspect and properly repack their system.

Steps "at the sill":

1. Stay low to the ground prior to exiting the window.
2. Find the hook and aggressively "pull up" getting the descending device in front of you
3. "Cup" the hook in your left hand and place hook and left hand in the left corner of the window sill. Your left hand holds the hook in place and "secures you to the sill. Your right hand should be on the rope between the decender and your rope bag but close to the decender. Exit the window low and with your right at "Five O'Clock". Remember to "Punch out to 5 o'clock" with your head aiming down.
4. While exiting your right leg should follow you out the window, but your left leg should stay inside, stopping you momentarily. When you decide to go 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.
5. To descend your left hand should operate the decender and your right should be point out to 3 o'clock with rope in hand, feeding the rope out of your bag.
6. Decend slowly to the ground.

Steps for "tying off"

1. Stay low to the ground prior to exiting the window. Find the object you are tying off too.
2. Find the hook and aggressively "pull up" getting the descending device in front of you. Pull hook up and open the decender and pull down. This gives you rope to work with.

3. Wrap the hook around the object and place on top of rope. Wrap two times around hook and into gated area. All volunteers have the sterling hook.
4. Your hand should run down the rope with your right hand feeding the rope out of your bag and your left operating the decender.
5. Move towards the window and bailout by:
 - a. Getting the device outside the window sill
 - b. With your left hand on the left corner of the sill and your right hand on the rope just pass the device.
6. Exit the window low and with your right at "Five O'Clock". 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, stopping you momentarily. When you decide to go 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. To descend your left hand should operate the decender and your right should be point out to 3 o'clock with rope in hand, feeding the rope out of your bag.
9. Decend slowly to the ground.

Safety: The instructing officer will be inside the window prop and a "spotter" will be at the base of the exterior of the window.

A safety pad will be used;

All firefighter will be in full PPE w/o SCBA

Prior to the drill a check of the firefighter to ensure that the harness is properly secure and the petzel system is set up properly. Ie one hook length of rope between decender and hook and petzel is clipped into harness.



