



International  
Association  
of Fire Chiefs



National  
Fire Protection  
Association

# Fundamentals of Fire Fighter Skills

## Chapter 13

Search and  
Rescue

Skill Drills

### Objectives (1 of 4)

- Demonstrate the one-person walking assist.
- Demonstrate the two-person walking assist.
- Demonstrate the two-person extremity carry.
- Demonstrate the two-person seat carry.

## Objectives (2 of 4)

- Demonstrate the two-person chair carry.
- Demonstrate the cradle-in-arms carry.
- Demonstrate the clothes drag.
- Demonstrate the blanket drag.
- Demonstrate the webbing sling drag.
- Demonstrate the fire fighter drag.

### Objectives (3 of 4)

- Demonstrate the one-person emergency drag from a vehicle.
- Demonstrate the long backboard rescue.
- Demonstrate rescuing a conscious person from a window.
- Demonstrate rescuing an unconscious person from a window.

### Objectives (4 of 4)

- Demonstrate rescuing an unconscious child or small adult from a window.
- Demonstrate rescuing a large adult from a window.

# Skill Drill 13-1

## One-Person Walking Assist

Step 1: Help the person to stand.



# Skill Drill 13-1

## One-Person Walking Assist

Step 2: Have the person place his or her arm around your neck, and hold on to the person's wrist, which should be draped over your shoulder.



# Skill Drill 13-1

## One-Person Walking Assist

Step 3: Put your free arm around the person's waist and help the victim to walk.



# Skill Drill 13-2

## Two-Person Walking Assist



Step 1: Two fire fighters stand facing the victim, one on each side of the victim.



Step 2: The fire fighters assist the victim to a standing position.

# Skill Drill 13-2

## Two-Person Walking Assist

Step 3: Once the victim is fully upright, drape the victim's arms around the necks and over the shoulders of the fire fighters, who each hold one of the victim's wrists.



# Skill Drill 13-2

## Two-Person Walking Assist

Step 4: Both fire fighters put their free arm around the person's waist, grasping each other's wrists for support and locking their arms together behind the victim.



# Skill Drill 13-2

## Two-Person Walking Assist

Step 5: Assist walking at the victim's speed.



### Skill Drill 13-3 Two-Person Extremity Carry



Step 1: Two fire fighters help the victim to sit up.



Step 2: The first fire fighter kneels behind the victim, reaches under the victim's arms, and grasps the victim's wrists.

# Skill Drill 13-3

## Two-Person Extremity Carry

Step 3: The second fire fighter backs in-between the victim's legs, reaches around, and grasps the victim behind the knees.



# Skill Drill 13-3

## Two-Person Extremity Carry

Step 4: The first fire fighter gives command to stand and carry the victim away, walking straight ahead. Fire fighters must coordinate their movements.



### Skill Drill 13-4 Two-Person Seat Carry



Step 1: Kneel beside the victim near the victim's hips.



Step 2: Raise the victim to a sitting position and link arms behind the victim's back.

### Skill Drill 13-4 Two-Person Seat Carry



Step 3: Place your free arms under the victim's knees and link arms.



Step 4: If possible, the victim puts his or her arms around your necks for additional support.

# Skill Drill 13-5

## Two-Person Chair Carry

Step 1: One fire fighter stands behind the seated victim, reaches down, and grasps the back of the chair.



# Skill Drill 13-5

## Two-Person Chair Carry

Step 2: The fire fighter tilts the chair slightly backward on its rear legs so that the second fire fighter can step back between the legs of the chair and grasp the tips of the chair's front legs. The victim's legs should be between the legs of the chair.



# Skill Drill 13-5

## Two-Person Chair Carry

Step 3: When both fire fighters are correctly positioned, the fire fighter behind the chair gives the command to lift and walk away. Because the chair carry may force the victim's head forward, watch the victim for airway problems.



### Skill Drill 13-6 Cradle-in-Arms Carry

1. Kneel beside the child and place one arm around the child's back and the other arm under the thighs.
2. Lift slightly and roll the child into the hollow formed by your arms and chest.
3. Be sure to use your leg muscles to stand.



### Skill Drill 13-7 Clothes Drag



Step 1: Crouch behind the victim's head and grab the shirt or jacket around the collar and shoulder area.



Step 2: Lift with your legs until you are fully upright. Walk backwards, dragging the victim to safety.

### Skill Drill 13-8 Blanket Drag



Step 1: Stretch out the material you are using next to the victim.



Step 2: Roll the victim onto one side. Neatly bunch one third of the material against the victim's body.

### Skill Drill 13-8 Blanket Drag



Step 3: Lay the victim back down (supine). Pull the bunched material out from underneath the victim and wrap it around the victim.



Step 4: Grab the material at the head and drag backwards to safety.

### Skill Drill 13-9 Standing Drag

1. Stand at the head of the supine victim. Then kneel at the victim's head.
2. Raise the victim's head and torso 90°. The victim is leaning against you.

### Skill Drill 13-9 Standing Drag

3. Reach under the victim's arms, wrap your arms around the victim's chest, and lock your arms.
4. Stand straight up using your legs.
5. Drag the victim out.

### Skill Drill 13-10 Webbing Sling Drag

Step 1: Place the victim in the center of the loop so the webbing is behind the victim's back.



# Skill Drill 13-10

## Webbing Sling Drag

Step 2: Take the large loop over the victim and place it above the victim's head. Reach through, grab the webbing behind the victim's back, and pull through all the excess webbing. This creates a loop at the top of the victim's head and two loops around the victim's arms.



# Skill Drill 13-10

## Webbing Sling Drag

Step 3: Adjust hand placement to protect the victim's head while dragging.



### Skill Drill 13-11 Fire Fighter Drag



Step 1: Tie the victim's wrists together with anything that is handy.



Step 2: Get down on hands and knees and straddle the victim.

# Skill Drill 13-11

## Fire Fighter Drag

Step 3: Pass the victim's tied hands around your neck, straighten your arms, and drag the victim across the floor by crawling on your hands and knees.



### Skill Drill 13-12

#### One-Person Emergency Drag from a Vehicle



Step 1: Grasp the victim under the arms and cradle the head between your arms.



Step 2: Gently pull the victim out of the vehicle.

### Skill Drill 13-12

#### One-Person Emergency Drag from a Vehicle

Step 3: Lower the victim down into a horizontal position in a safe place.



### Skill Drill 13-13 Long Backboard Rescue



Step 1: The first fire fighter provides in-line manual support of the head and cervical spine.



Step 2: The second fire fighter gives commands and applies a cervical collar.

# Skill Drill 13-13

## Long Backboard Rescue

Step 3: The third fire fighter frees the victim's legs from the pedals and moves the legs together without moving the pelvis or spine.



# Skill Drill 13-13

## Long Backboard Rescue

Step 4: The second and third fire fighters rotate the victim as a unit in several short, coordinated moves. The first fire fighter (relieved by the fourth fire fighter as needed) supports the head and neck during rotation (and later steps).



# Skill Drill 13-13

## Long Backboard Rescue

Step 5: The first (or fourth) fire fighter places the backboard on the seat against the victim's buttocks. The second and third fire fighters lower the victim onto the long backboard.



# Skill Drill 13-13

## Long Backboard Rescue

Step 6: The third fire fighter moves to an effective position for sliding the victim. The second and third fire fighters slide the victim along the backboard in coordinated, 8" to 12" moves until the hips rest on the backboard.



# Skill Drill 13-13

## Long Backboard Rescue

Step 7: The third fire fighter exits the vehicle, moves to the backboard opposite the second fire fighter, and together they continue to slide the victim until the victim is fully on the backboard.



# Skill Drill 13-13

## Long Backboard Rescue

Step 8: The first (or fourth) fire fighter continues to stabilize the victim's head and neck while the second, third, and fourth fire fighters carry the victim away from the vehicle.



## **Skill Drill 13-14**

### **Single Fire Fighter Ladder Rescue Technique**

1. The rescue team will place the ladder into the rescue position with the tip of the ladder just below the windowsill, and secure the ladder in place.

## **Skill Drill 13-14**

### **Single Fire Fighter Ladder Rescue Technique**

2. The first fire fighter should climb the ladder, make contact with the victim, and climb inside the window to assist the victim. Contact should be made as soon as possible to calm the victim. The victim should be encouraged to stay at the window until the rescue can be performed.

### Skill Drill 13-14

#### Single Fire Fighter Ladder Rescue Technique

3. The second fire fighter should climb up to the window, standing one rung below the windowsill. This leaves at least one rung available for the victim. When ready, the fire fighter should advise the victim to slowly come out onto the ladder, feet first and facing the ladder.

## **Skill Drill 13-14**

### **Single Fire Fighter Ladder Rescue Technique**

4. The fire fighter should form a semi-circle around the victim, with both hands on the beams of the ladder.
5. The fire fighter and victim should then proceed slowly down the ladder, one rung at a time, with the fire fighter one rung below the victim.

## **Skill Drill 13-14**

### **Single Fire Fighter Ladder Rescue Technique**

6. If the victim slips or loses footing, the fire fighter's legs should keep the victim from falling.
7. The fire fighter can take control of the victim at any time by leaning in toward the ladder and squeezing the victim against the ladder.

### Skill Drill 13-15

#### Rescuing an Unconscious Victim from a Window



Step 1: The tip of the ladder is placed just below the windowsill.



Step 2: One fire fighter enters to assist the victim. The second fire fighter climbs to the window.

### Skill Drill 13-15

## Rescuing an Unconscious Victim from a Window

Step 3: The fire fighter waiting on the ladder places both hands on the rungs with one leg straight and the other horizontal to the ground with the knee at 90°. The interior fire fighter will then pass the victim through the window onto the ladder with the victim's back toward the ladder.



### Skill Drill 13-15

### Rescuing an Unconscious Victim from a Window

Step 4: Lower the victim to straddle the fire fighter's leg. The fire fighter's arms should be under the victim's arms holding onto the rungs.



### Skill Drill 13-15

## Rescuing an Unconscious Victim from a Window

Step 5: Step down one rung at a time, transferring the victim's weight from one leg to the other. The victim's arms can be secured around the fire fighter's neck.



### Skill Drill 13-16

### Rescuing an Unconscious Child or Small Adult from a Window

Step 1: The ladder is placed in the rescue position, with the tip below the windowsill.



### Skill Drill 13-16

### Rescuing an Unconscious Child or Small Adult from a Window

Step 2: One fire fighter enters the window to assist the victim. The second fire fighter stands on the ladder to receive the victim, with both arms level and hands on beams.



### Skill Drill 13-16

### Rescuing an Unconscious Child or Small Adult from a Window



Step 3: The victim is placed in the fire fighter's arms.



Step 4: The fire fighter descends, keeping arms level and sliding hands down the beams.

### **Skill Drill 13-17** **Rescuing a Large Adult**

1. The rescue team will place and secure two ladders, side-by-side, in the rescue position. The tips of the two ladders should be just below the windowsill.
2. Multiple fire fighters may be required to enter the window to assist from the inside.

## Skill Drill 13-17

### Rescuing a Large Adult

3. Two fire fighters, one on each ladder, should climb up to the window opening and wait for the victim.
4. When ready, the victim should be lowered down across the arms of the fire fighters, with one supporting the victim's legs and the other supporting the victim's arms. Once in place, the fire fighters can slowly descend the ladder, using both hands to hold onto the ladder rungs.