skillsTrain
DISTRIBUTION

Firefighting Basics: Firefighter I & II



Training Delivery Formats:

- Online Interactive Course
- Online Streamed Video
- DVD

Additional Materials: PowerPoints, Question Files, Facilitator Guides, Publishing Partners' Manuals and Textbooks

When it comes to introducing topics for certification or recurrent training, our updated 33-part video-based training series, *Firefighting Basics: Firefighter I & II*, includes everything you have come to trust and depend on from Action Training Systems.

This series teaches to most recent changes in NFPA 1001: *Standard for Fire Fighter Professional Qualifications* and are excellent companions to the most popular textbooks and training manuals. Our programs are proven to significantly increase student competency and the retention of information. All titles feature:

- Dynamic and engaging high-quality video that has been meticulously reviewed and validated by leading subject matter experts
- Instructionally designed and simplified technical material that reinforces training objectives
- Skills demonstrations and prerequisite knowledge that covers key training concepts

1. Firefighter Safety: Part 1 Video time – 27:01

Presents an overview of fire department and firefighter responsibilities under NFPA 1500, including how important health, fitness and mental wellness is to your safety, ways to limit your exposure to cancer-causing risks and other work place hazards, including tips for accident and injury prevention. Also reviewed is the use of the ICS system and how control zones help you to avoid or identify risks at an emergency scene or active shooter event.

Training Objectives:

1. Firefighter Responsibilities of NFPA 1500
2. Firefighter Fitness, Health & Wellness
3. Fire Station Safety & Training Safety
4. The Incident Command System
5. Hazard Control Zones

2. Firefighter Safety: Part 2 Video time – 24:11

Discusses standard operating procedures and the importance of teamwork. Describes

accountability systems and on-scene rehabilitation and their importance to safety. Presents survival methods for firefighters who become disoriented or trapped in fires. Identifies safe procedures for riding fire apparatus, working on roadway emergency scenes, shutting off utilities at an emergency scene and responding to electrical emergencies.

Training Objectives:

1. Safety in Standard Operating Procedures & Teamwork
2. Personnel Accountability Systems & On-Scene Rehabilitation
3. Disorientation or Entrapment Survival
4. Vehicle Passenger Safety
5. Roadway Safety
6. Utility Shut Off Procedures
7. Safety at Electrical Emergencies

3. Fire Dynamics

Video time – 27:02

Describes the science of fire and combustion, the fire tetrahedron, states of fuel, pyrolysis and vaporization. You will also learn to identify types of heat energy, methods of heat transfer, the stages of compartment fire development, the products of combustion, structure fire flow paths and factors in rapid fire development.

Training Objectives:

1. Fire & Combustion
2. Oxygen & Oxidizing Agents
3. Fuel: Pyrolysis & Vaporization
4. Heat Energy & Self-Sustained Chemical Reaction
5. Three Methods of Heat Transfer
6. Products of Combustion & Fire Development Factors
7. Stages of Compartment Fire Development
8. Structure Fire Flow Paths

4. SCBA 1: Introduction

Video time – 27:55

Presents the functions of each component of the SCBA system, safety features of various types of SCBA, limitations of SCBA and a review of hazardous environments that require respiratory protection.

Training Objectives:

1. Open-circuit SCBA & Components
2. The Harness & Air-Cylinder Assemblies
3. The Regulator Assembly
4. The Facepiece Assembly
5. SCBA Safety Features & Precautions
6. Hazardous Atmospheres
7. SCBA Limitations

5. SCBA 2: Use & Maintenance

Video time – 27:01

Demonstrates correct SCBA donning and doffing techniques, inspection and care procedures, how to change and fill cylinders, and safety precautions and rules for using SCBA in emergency situations.

Training Objectives:

1. Donning Using the Over-the-Head Method
2. Donning Using the Coat Method
3. Donning a Mounted SCBA
4. Donning the Facepiece
5. Doffing Techniques
6. Inspection & Care Procedures
7. Changing & Filling Cylinders
8. SCBA Safety & Emergency Procedures

6. Personal Protective Clothing

Video time – 27:36

Lists the elements of the complete protective ensemble worn by firefighters and describes

the functions and specifications for each element of personal protective clothing. Describes special clothing situations, firefighter responsibilities for the care and maintenance of turnout gear and safety requirements for work uniforms and safety shoes.

Training Objectives:

1. The Protective Ensemble
2. Hoods, Helmets & Eye Protection
3. Protective Coats & Pants
4. Gloves & Boots
5. Special Clothing Situations
6. Turnout Gear Care & Maintenance
7. Work Uniforms & Safety Shoes

7. Portable Extinguishers

Video time – 27:14

Designed to be used in public education programs as well as fire service training. Presents the classification and rating system used for extinguishers, types of hand-held extinguishers and how to select the correct extinguisher for a fire. Presents steps for operating portable extinguishers and demonstrates how to extinguish fires using the most common types of extinguishers. Discusses extinguisher maintenance and demonstrates extinguisher inspection.

Training Objectives:

1. Fire Extinguisher Classification & Rating System
2. Types of Portable Extinguishers
3. Basic Steps for Operating Fire Extinguishers
4. Stored-Pressure Water & Foam Extinguishers
5. Carbon Dioxide Extinguishers
6. Dry Chemical Extinguishers
7. Dry Powder Extinguishers
8. Extinguisher Inspection & Maintenance

8. Ropes & Knots

Video time – 27:18

Presents types, ratings and uses for fire service rope. Describes rope materials and construction, methods for inspecting rope and how to maintain and store rope. Demonstrates commonly used fire service knots and methods for hoisting equipment.

Training Objectives:

1. Fire Service Rope Uses, Ratings & Types
2. Rope Materials & Construction
3. Inspecting Ropes
4. Rope Maintenance & Storage
5. Knot-Tying Terminology & Tying Knots & Hitches
6. Hoisting methods with Ropes

9. Fire Control 1

Video time – 23:50

Discusses basic fire control strategies and safety. Demonstrates how to advance a charged attack line into a structure fire, methods of water application, master stream devices, basic fire suppression tactics for Class B fires, and techniques for suppressing vehicle fires, exterior class A, and ground-cover fires.

Training Objectives:

1. Fire Control Strategies & Safety
2. Advancing an Attack Line
3. Methods of Water Application
4. Master Stream Devices
5. Class B Fires
6. Vehicle Fires
7. Exterior Class A & Ground-Cover Fires

10. Ladders 1 Video time – 21:42

Defines basic ground and aerial ladder terminology. Discusses ladder types, construction and uses on the fireground. Demonstrates ladder maintenance and inspections, and the basics in ladder handling.

Training Objectives:

1. Ground Ladder Terminology
2. Aerial Ladder Terminology
3. Ground Ladder Materials, Types & Uses
4. Maintenance: Cleaning & Inspecting Ladders
5. Ladder Selection & Safety
6. Ladder Carries for 1, 2, & 3 Firefighters

11. Ladders 2 Video time – 18:56

Shows factors that affect ground-ladder placement, correct ladder placement to meet specific objectives and ladder raises for one, two and three firefighters. Demonstrates procedures for securing ladders, methods for climbing ladders and how to place a roof ladder.

Training Objectives:

1. Ladder Placement Factors
2. Raising & Positioning Ladders
3. 1- Firefighter Ladder Raises
4. 2 & 3 Firefighter Ladder Raises
5. Securing Ladders
6. Climbing & Working From Ladders

12. Ventilation Basics & Horizontal Procedures Video time – 23:06

Describes the fundamentals of ventilation, including benefits and safety concerns, with a focus on horizontal ventilation techniques. Describes hazards of rapid fire development and the importance of coordinating ventilation activities with suppression operations. Also discussed is the use positive-pressure, negative-pressure and hydraulic ventilation.

Training Objectives:

1. Ventilation & Oxygen Control
2. Hazards of Rapid Fire Development
3. Natural Horizontal Ventilation Operations
4. Mechanical Ventilation: Positive & Negative
5. Mechanical Ventilation: Hydraulic

13. Vertical Ventilation Video time – 27:37

Describes safety precautions for rooftop operations, roof types and construction and their impact in vertical ventilation. Shows how to determine the integrity of a roof system and basic indicators of roof collapse. Demonstrates methods for opening flat and pitched roofs using a variety of techniques.

Training Objectives:

1. Vertical Ventilation Principles & Rooftop Safety
2. Types of Common Roof Construction
3. How To Determine Roof Integrity
4. Opening Flat & Pitched Roofs: The Square or Rectangular Cut
5. The Kerf, Triangular, Louvered & Trench Cuts

14. Fire Hose Basics Video time – 19:04

Shows fire hose construction, sizes, uses, basic hose maintenance and how to prevent hose damage. Identifies types of hose couplings, tools and appliances and demonstrates hose-roll methods.

Training Objectives:

1. Basic Information About Fire Hose
2. Fire Hose Maintenance
3. Common Hose Couplings
4. Common Hose Appliances
5. Common Hose Tools
6. Two Hose-Roll Methods

15. Handling Hose Video time – 22:19

Presents guidelines for loading hose and basic types of hose loads and finishes. Demonstrates common hoselays and methods for coupling and uncoupling hose.

Training Objectives:

1. Basic Guidelines for Loading Hose
2. The Accordion Hose Load
3. The Horseshoe Load & The Flat Load
4. Hose Finishes
5. The Preconnected Flat Load & Minuteman Load
6. Two Common Hose Lays
7. Methods of Coupling & Uncoupling Hose

16. Advancing Hoselines Video time – 21:57

Demonstrates how to pull and carry hose from a pumper to the fire location for a variety of hoseloads. Shows how to advance hose into structures and in stairways, from a standpipe and up a ladder and how to hoist hose. Describes how to extend a section of hose and how to retrieve a loose hoseline. Shows basic procedures for operating and controlling attack lines.

Training Objectives:

1. Pulling & Carrying Preconnected Hose
2. Advancing the Flat Load & the Horseshoe Load
3. Advancing Wyed Lines & Working Line Drag
4. Advancing into Structure & Stairways
5. Advancing Hose From a Standpipe
6. Advancing Hose Up a Ladder & Hoisting Hose
7. How to Extend & Retrieve Hose
8. Operating & Controlling Attack Lines

17. Fire Streams Video time – 19:43

Identifies basic sizes and types of fire streams and the advantages and disadvantages of each type. Shows the use and maintenance of different types of nozzles. Defines “water hammer” and shows how to prevent it.

Training Objectives:

1. Fire Stream Sizes & Types
2. Solid Streams
3. Fog (Spray) Streams
4. Nozzle Types & Maintenance
5. Preventing Water Hammer

18. Forcible Entry

Video time – 19:56

Identifies forcible entry tools and how they should be used and maintained. Demonstrates procedures for through-the-lock entry on doors and forced entry through different types of doors and windows.

Training Objectives:

1. Tool Basics: Cutting Tools
2. Prying, Pushing/Pulling & Striking Tools
3. Through-the-Lock Entry on Doors
4. Forcing Entry Through Doors
5. Forcing Windows

19. Fire Detection, Alarms & Communications

Video time – 26:17

Presents methods and technologies for receiving alarms from the public. Shows the basic components of fire alarm and smoke detection systems. Presents an overview of the communications center and systems for dispatching fire department personnel to an emergency. Demonstrates good radio procedures and procedures for routine and emergency communications.

Training Objectives:

1. Receiving & Reporting Alarms
2. Fire Detection & Alarm-Initiating Devices
3. The Communications Center
4. Systems for Dispatching Firefighters
5. Basic Radio Procedures
6. Routine & Emergency Incident Communications

20. Lighting & Power Sources

Video time – 18:29

Describe types of lighting used in the fire service, auxiliary electrical equipment and power plants. Reviews safety considerations for using lighting and electrical equipment. Demonstrates how to set up electrical equipment, illuminate the emergency scene and maintenance of lighting and portable power plants.

Training Objectives:

1. Lighting & Lighting Equipment
2. Power Plants
3. Lighting & Electrical Equipment Safety
4. Maintaining Portable Power Plants

21. Property Conservation: Salvage

Video time – 21:24

Presents the benefits of good salvage operations to the public and the fire department.

Demonstrates the procedures for storing and deploying salvage covers, how to construct a water chute and a catchall using salvage covers and how to cover openings in the roof, windows and doors to protect the property from secondary damage.

Training Objectives:

1. Benefits of Salvage Operations
2. Common Salvage Equipment
3. Salvage Covers/One-Firefighter Spreads
4. Salvage Covers/Two-Firefighter Spreads
5. Water Chutes & Catch-Alls
6. Covering Openings

22. Property Conservation: Overhaul Video time – 20:35

Presents indicators of structural instability and procedures for finding hidden fires. Describes procedures for opening concealed spaces, extinguishing hidden fires, preserving evidence and restoring the premises after a fire.

Training Objectives:

1. Indicators of Structural Instability
2. Finding Hidden Fires
3. Opening Concealed Spaces & Extinguishing Hidden Fires
4. Preserving Evidence
5. Restoring the Premises

23. Sprinkler Systems Video time – 27:01

Describes the effectiveness of sprinkler systems in saving life and property. Describes how sprinklers work and presents different types of sprinkler systems, components of sprinkler systems and the locations and appearance of control and operating valves. Describes considerations for responding to fires in protected buildings.

Training Objectives:

1. How Sprinklers Work
2. Components of Sprinkler Systems
3. Sources of Water Supply
4. Control & Operating Valves
5. Sprinkler Types & Release Mechanisms
6. Wet-Pipe & Dry-Pipe Sprinkler Systems
7. Deluge, Pre-Action & Residential Sprinkler Systems
8. Responding to Fires in Protected Buildings

Firefighter II

1. Building Construction Video time – TBD

Describes construction classifications used in most building codes and the role of fire resistance ratings. Describes the characteristics and fire behavior of five types of construction, defines building construction terms, the effects of fire and fire suppression activities on various building materials. Identifies the signs of dangerous building conditions, such as heavy fire loads and building collapse.

Training Objectives:

1. Construction Classifications
2. The Five Types of Construction
3. Building Construction Terms
4. Fire Effects on Wood & Masonry

5. Fire Effects on Steel & Reinforced Concrete
6. Fire Effects on Gypsum & Glass
7. Dangerous Building Conditions

2. Rescue Operations Video time – 27:52

Demonstrates how to move injured victims using carries and drags. Presents various types of rescue tools and the dangers of vehicle restraint systems. Demonstrates methods to extricate an entrapped victim from a vehicle.

Training Objectives:

1. Moving Injured Victims
2. Rescue Tools
3. Dangers of Vehicle Components & Systems
4. Vehicle Extrication Procedures

3. Advanced Ventilation Video time – 19:01

Presents the factors affecting ventilation decisions. Shows precautions against upsetting vertical ventilation, methods for ventilating a basement or windowless building and special ventilation considerations of high-rise buildings.

Training Objectives:

1. Ventilation Decision Factors
2. A Decision-Making Sequence
3. Precautions for Vertical Ventilation
4. Basements & Windowless Buildings
5. High-Rise Buildings

4. Water Supply Video time – 24:21

Explains the components of water supplies for fire department operations, the operation of different types of hydrants and how to service test fire hose.

Training Objectives:

1. Components of a Water System
2. Parts of a Distribution System
3. Valves in Water Distribution Systems
4. Measuring Pressure
5. Operating Hydrants
6. Static & Mobile Water Supply
7. Service Testing Fire Hose

5. Fire Control 2 Video time – 20:10

Demonstrates fire control tactics for difficult fires, including a large, exterior Class B fire, fires in upper levels of structures, fires below grade, fires in energized electrical equipment and fires involving a flammable gas cylinder.

Training Objectives:

1. Using Foam on a Large Class B Fire
2. Fires in Upper Levels
3. Fires Below Grade
4. Strategies for Energized Electrical Fires (Class C)
5. Fire in a Flammable Gas Cylinder

6. Foam Fire Streams Video time – 22:16

Describes the fundamentals of foam, including how foam is generated, how it extinguishes or suppresses fires, types of foam proportioners, nozzles and other foam generating systems and various types of foam. Demonstrates how to assemble a foam fire stream using an eductor. Features troubleshooting tips for foam operations.

Training Objectives:

1. How Foam Extinguishes or Prevents Fire
2. Generating & Proportioning Foam
3. Nozzles & Foam-Delivery Devices
4. Foam Types & Concentrates
5. Foam Fire Stream Assembly

7. Fire Hose Appliances Video time – 14:57

Shows different types of fire hose appliances, including valves, valve devices, fittings and intake devices. Identifies the correct type of appliances to be used in specific fire ground operations. Demonstrates how to clean and maintain hose appliances.

Training Objectives:

1. Fire Hose Appliance Basics
2. Valves
3. Valve Devices
4. Fittings & Intake Devices
5. Maintaining Hose Appliances

8. Fire Origin & Cause Video time – 20:58

Presents the firefighter's role in fire cause determination from first alarm to final overhaul. Shows how to secure the fire scene pending an investigation and describes legal considerations of fire cause determination. Demonstrates how to safeguard evidence at the scene.

Training Objectives:

1. Fire Cause Determination
2. Observations En Route & Upon Arrival
3. Salvage & Overhaul Considerations
4. Securing the Scene
5. Legal Considerations & Evidence Preservation

9. Pre-Incident & Fire Safety Surveys Video time – TBD

Presents the firefighter's role in fire prevention and preparedness. Demonstrates steps for conducting pre-incident surveys. Identifies common hazards found in occupancies and shows how to inspect fire protection systems for readiness.

Training Objectives:

1. Prevention & Preparedness
2. Conducting Pre-Incident Surveys
3. Common Fire Hazards
4. Fire Protection Systems

10. Fire Prevention & Public Education Video time – 23:27

Explains the importance of fire prevention and public education to the fire department and to the community. Demonstrates how to conduct a residential fire safety survey, describes common fire and life safety hazards in the home, how to present fire safety information to small groups and how to conduct station tours.

Training Objectives:

1. Community Risk Reduction Programs
2. Home Fire Safety Surveys

3. Hazards in the Home
4. Presenting Fire Safety Information
5. Conducting Station Tours