

REGIONAL STRIKE TEAMS EQUIPPING AND TRAINING

R.E.S.E.T.

General Rescuer Task Book

Course Dates:
Students Name:
Lead Instructor:



General Rescuer Course (Core Requirements)

Task Book

This Task Book is the evaluation tool used to validate the trainees proficiency in the skills required to complete the General Rescuer course (Core Requirements). The National Fire Protection Association (NFPA) 1006 Technical Rescuer Professional Qualifications 2008 edition has specified Job Performance Requirements (JPR) required by individuals to comply with Chapter 5 (General/Core Requirements). In this course all JPR's in Chapter 5 of NFPA 1006 are assessed by one of three methods:

1. Written exam

- The written exam will be given to assess the trainee's cognitive knowledge of the material taught during the course.
- NFPA-1006 JPR's- 5.2.1, 5.2.2, 5.2.3, 5.2.4, 5.2.5, 5.2.6, 5.2.7, 5.3.1, 5.3.3, 5.4.1, 5.4.2

2. Skills Check-off

- The Skills Check-off is a list of practical skills that each rescuer must perform under evaluation during the course. An instructor's signature will constitute endorsement of acceptable performance.
- NFPA -1006 JPR's- 5.3.2, 5.5.2, 5.5.3, 5.5.4, 5.5.7, 5.5.12, 5.5.13, 5.5.14

3. Exit Skills Test

- The Exit Skills Test is a set of skills that must be performed at the end of the course. Each skill has criteria that must be met in order to pass the skill.
- NFPA-1006 JPR's- 5.5.1, 5.5.5, 5.5.6, 5.5.8, 5.5.9, 5.5.10, 5.5.11

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General Rescuer Course
(Core Requirements)

Written Test Instructions

Once all learning objective have been covered, a written test will be administered to the trainees. The test is a multiple choice exam and each question is directly linked to a learning objective within the curriculum. A minimum score of 70% must be achieved to complete the course. If the student fails the first attempt a second attempt may be given. If he/she fails the second attempt this would constitute a failure of the course. If the trainee fails the course a **Course Attendance** certificate may be given. This would identify the participation in the course but would not qualify the trainee to continue on to higher levels of training.

Skills Check-off Instructions

Students will be performing these skills through out the week during class. Instructors will evaluate two major areas: **Safety and Efficiency**. If any action is considered unsafe it should be stopped immediately. Instructors will work with students, teaching them to use efficient techniques. As the student performs these skills throughout the week, instructors will assess their proficiency. Once the student performs each of the required skills to the satisfaction of the instructor (evaluating: Safety and Efficacy) the instructor will initial the Skills Check-off sheet indicating the student can competently perform the skill.

The instructors will work with trainees until he/she can perform the Check-off skills to the satisfaction of the Lead Instructor. There is no maximum number of attempts. Once all skills are endorsed by an instructor, the student must sign the Skills Check-off Sheet confirming he/she feels comfortable and competent at performing the specified skills.

Exit Skills Test Instructions

Once all learning objectives have been met exit skills test will be administered to the trainee. Each **Exit Skill Sheet** gives the objective for the skill, instructions for the trainee, examiner notes, and preparation instructions. Each skills test will also describe the criteria that will constitute a 0, 1, or 2.

Note: Not all possible situations that would dictate a 0, 1, or 2 are listed. It would be impossible to encompass all possible variations.

In general;

A **2** will indicate you performed the skill correctly and efficiently.

A **1** will indicate that you performed the skill safely but not efficiently.

A **0** will indicate that you have incorrectly performed the skill or done something the evaluator considers to be unsafe.

Stations will be set up the same for each test and each student. These are testing stations; **no teaching will occur during testing.**

Each trainee will be allowed three attempts to pass each Exit Skills Test. A separate Skill sheet should be used for each attempt. All Exit Skill Sheets should be attached to the task book for documentation.

1. If a trainee fails on his/her first attempt, time will be made to remediate the trainee in preparation for a second attempt.
2. In the event of a second failure, a second remediation will be provided in preparation for a third attempt.
3. If the trainee fails on his/her third attempt it will constitute a failure of the course.

If the trainee fails the course a **Course Attendance** certificate may be given. This would identify the participation in the course but would not qualify the trainee to continue on to higher levels of training.

Skills Check-off Sheet

When performing the skills below instructors will evaluate two major areas: **Safety and Efficiency**. If any action is considered unsafe it shall be stopped immediately. Instructors will work with students, teaching them to use efficient techniques.

As the student performs these skills throughout the week, instructors will assess their proficiency. Once the student performs each of the skills below to the satisfaction of the instructor (evaluating: Safety and Efficiency) the instructor will initial below indicating the student can competently perform the skill.

NFPA 1006 JPR	Skill	Instructor Initials
5.3.2	Move a Patient in a Low-Angle Environment	
5.5.2	Looped and Doubled (Basket) - Anchor	
5.5.3	Placing Edge Protection	
5.5.4	Construct a 5:1/4:1 Block and Tackle	
5.5.7	Litter Tending - Low-Angle	
5.5.12	Operate a Belay - High-Angle	
5.5.13	Catch a Falling load with a Belay	

Once all skills are endorsed by an instructor, the student must sign below confirming he/she feels comfortable and competent at performing the skills above.

Student Signature _____ Date _____

Instructor Comments:



Knots & Hitches Skill Sheet

OBJECTIVE (NFPA JPR 5.5.1)

The trainee shall tie the following knots and hitches according to the criteria below scoring 20 out of 28 with no zeros allowed:

- | | |
|-----------------------------|---------------------------------|
| 1. Overhand | 9. Butterfly |
| 2. Square Knot W/ Safety | 10. Munter Hitch |
| 3. Figure 8 Stopper | 11. Clove Hitch W/ Safety |
| 4. Figure 8 on a Bight | 12. Water Knot |
| 5. Double Loop Figure 8 | 13. Double Fisherman's Bend |
| 6. Figure 8 Follow Through | 14. Triple Wrapped Prusik Hitch |
| 7. Figure 8 Bend | 15. Girth Hitch |
| 8. Inside Bowline W/ Safety | |

INSTRUCTIONS - procedures for achieving the objective

I will tell you which knot to tie. Once you have tied the knot and I have inspected it you will be given the next knot to tie. I will not stop the test if you have not met the criteria for passing. The skill will begin on my instruction to start. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test. The examiner may evaluate 2 trainees at once at this station with the trainees standing back to back. Students will not be allowed to view one another while tying the knots. If the student fails the skill he/she will be required to tie all knots again as apart of their retest.

PREPARATION & EQUIPMENT

A 11mm –12.5mm rope of adequate length, 20' 1 inch webbing, 1 XL carabiner and a Prusik loop made of 8mm accessory cord will be provided to accomplish the skill.

Student's Name:	Date:
Examiner's Name:	Initial Test
Examiner's Name:	1 st Retest
Examiner's Name:	2 nd Retest

Initial			1 st Retest			2 nd Retest				
0	1	2	0	1	2	0	1	2	1.	Overhand
0	1	2	0	1	2	0	1	2	2.	Square Knot W/ Safety
0	1	2	0	1	2	0	1	2	3.	Figure 8 Stopper
0	1	2	0	1	2	0	1	2	4.	Figure 8 on a Bight
0	1	2	0	1	2	0	1	2	5.	Double Loop Figure 8
0	1	2	0	1	2	0	1	2	6.	Figure 8 Follow Though
0	1	2	0	1	2	0	1	2	7.	Figure 8 Bend
0	1	2	0	1	2	0	1	2	8.	Bowline W/ Safety
0	1	2	0	1	2	0	1	2	9.	Butterfly
0	1	2	0	1	2	0	1	2	10.	Munter Hitch
0	1	2	0	1	2	0	1	2	11.	Clove Hitch W/ Safety
0	1	2	0	1	2	0	1	2	12.	Water Knot
0	1	2	0	1	2	0	1	2	13.	Double Fisherman's Bend
0	1	2	0	1	2	0	1	2	14.	Triple Wrapped Prusik Hitch
0	1	2	0	1	2	0	1	2	15.	Girth Hitch
0	0	0	0	0	0	0	0	0		Total Time:

Note: If any score less than 2 is marked; explain below in "Examiner Notes".

Student's Total Points (min. passing: 21 points)	Score:	Initial
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail
Student's Total Points (min. passing: 21 points)	Score:	1st Retest
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail
Student's Total Points (min. passing: 21 points)	Score:	2nd Retest
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail

Examiner Notes:

Skill Criteria

Knots

The trainee must score **21** out of **30** with NO zeros to pass.

2 (All must apply)

The knot is tied correctly and dressed, with an appropriate safety tail length (see below). Bights and/or loops smaller than 4"; a safety (if required) is secure, dressed and correctly located.

1

The knot is not dressed; bights are larger than 4"; a safety knot is used when not needed; safety knot is not dressed against the knot allowing for slippage before engaging. Tail length is longer than specified below. Trainee does not appear confident with tying the knots and hitches (multiple attempts to get knot/hitch tied).

0

The knot is tied incorrectly; the tail is shorter than 4"; a required safety is absent. Safety knot is in the incorrect location; "X" not matching on the double fisherman; Outside bowline.

Below are clarifications of how the criteria will be applied to specific situations:

- *The bight size on the bowline, figure eight follow through, and double loop figure eight does not matter. The bight size for these knots will have no bearing on the score.*
- *Safety tail length:*
 - *Large Diameter Rope ($\geq 9.5\text{mm}$, 3/8") tail needs to be 4 to 6 inches*
 - *Small Diameter Cord ($< 9.5\text{mm}$, 3/8") tail needs to be 2 times the diameter of the cord to 4 times the diameter of the cord*
 - *Webbing needs to be 4 to 6 inches*
- *The length of the tail applies to all knots including safety knots.*
- *Clove hitch needs to be tied around an object*



Patient Packaging Skill Sheet

OBJECTIVE (NFPA JPR N/A)

The trainee shall demonstrate packaging of a patient in a Ferno or a Stokes Basket (or other wire style basket). The trainee shall complete the patient packaging according to the criteria below. The trainee must score 7 out of 10 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will package a patient in the litter. An additional rescuer will assist you with packaging. Your assistant will only perform tasks at your direction. I will evaluate the finished product utilizing the criteria below. The skill will begin on my instruction to start. The time will stop when you inform me that you have completed the skill. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test.

PREPARATION & EQUIPMENT

Provide the trainee with a Ferno or a Stokes Basket, three 20', 1 inch webbings, and a patient at least 5' 6" tall. Placing a backboard in the basket for patient comfort is optional.

Student's Name:	Date:
Examiner's Name:	Initial Test
Examiner's Name:	1 st Retest
Examiner's Name:	2 nd Retest

Initial			1 st Retest			2 nd Retest						
0	1	2	0	1	2	0	1	2	1.	Patient Orientation		
0	1	2	0	1	2	0	1	2	2.	Lashing		
0	1	2	0	1	2	0	1	2	3.	Vertical Patient Movement		
0	1	2	0	1	2	0	1	2	4.	Knots and Hitches		
0	1	2	0	1	2	0	1	2	5.	Total Time Initial:	1 st Retest:	2 nd Retest:

Note: If any score less than 2 is marked; explain below in "Examiner Notes".

Student's Total Points (min. passing: 7 points)	Score:	Initial
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail
Student's Total Points (min. passing: 7 points)	Score:	1st Retest
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail
Student's Total Points (min. passing: 7 points)	Score:	2nd Retest
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail

Examiner Notes:

Skills Criteria

Pt. Packaging in a Ferno or Stokes

The trainee must score **7** out of **10** to pass with NO zeros allowed.

Pt. Orientation:

2 (All must apply)

The patient is positioned at the top (head end) of the litter or in a suitable fashion for safe and ideal movement.

1

The patient is positioned in the litter in a fashion that is safe but not ideal for transport.

0

The patient is positioned in the litter upside down or otherwise incorrectly.

Lashing:

2 (All must apply)

The lashing secures the patient in at least 3 places (torso, pelvis, and lower extremities); The lashing is snug not allowing much patient movement; The lashing does not compromise the patients airway, breathing or circulation; The lashing does not injure the patient or aggravate existing injuries, a trucker's hitch is to used secure the lashing.

1

Lashing is loose; Lashing is excessively complicated; Knots or hitches were inefficient. Alternative method used to secure lashing (other than truckers hitches).

0

Lashing does not secure the patient's torso, pelvis or lower extremities. Patient's airway, breathing or circulation is compromised; the lashing is otherwise not secure.

Vertical Patient Movement:**2 (All must apply)**

Foot loops are used and tightened, and isolated from the lashing (a clove hitch or girth hitch is used above the foot loops), preventing the patient from sliding down in the basket.

1

Foot loops are loose; they are not isolated allowing the patient lashing to tighten when they are weighted (no clove hitches or girth hitch above foot loops).

0

Foot loops are absent; method used would allow patient to slide out of the foot of the litter.

Knots and Hitches:**2 (All must apply)**

Knots and hitches are tied correctly, dressed, and appropriate to the application, (i.e. uses half hitch and overhand to secure truckers hitch, clove hitches/girth hitch are correctly tied, etc.).

1

Knots and hitches are not dressed; or not the optimal knot/hitch for the operation. (i.e. clove hitch/girth hitch above the foot loop incorrectly tied, different method other than a half hitch and overhand to secure the truckers hitch).

0

Knots and hitches are tied incorrectly (except clove hitch/girth hitch above foot loop), lack required safeties, or otherwise represent a safety hazard.

Time:**2**

Patient is packaged in under 8 minutes.

1

Patient is packaged in 8-15 minutes.

0

Patient is packaged in over 15 minutes.



Low-Angle Skill Sheet

OBJECTIVE (NFPA JPR's- 5.5.5, 5.5.9, 5.5.8)

The trainee shall construct a low-angle lowering and raising system and demonstrate its use. The trainee shall complete the skill according to the criteria below. The trainee must score 10 out of 14 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will set up a single line lowering system, using a munter hitch, to be used in the Low-Angle environment. **Once the lowering system is built, time will stop and I will inspect the rigging.** Once the rigging is inspected, the time will start again and you, with an assistant, will demonstrate operation of the lowering system and then lock off the lowering device. Then you will be directed to build a raising system, using a 3:1 Inline Z-Rig with an internal progress capture device (PCD), to be used in the Low-Angle environment. **Once the raising system is built, time will stop and I will inspect the rigging.** Once the rigging is inspected, the time will start again and you, with an assistant, will demonstrate operation of the raising system. Your assistant will only perform tasks at your direction. Time will stop after the trainee has demonstrated operation of both systems. I will grade you according to the criteria at the bottom of this skill sheet. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test.

PREPARATION & EQUIPMENT

Provide the trainee with two 200' 11mm - 12.5mm ropes, three 20' 1 inch webbings, 10 large carabiners, 1 Extra-large carabiner, 3 single PMP's, one set of tandem prusiks, and 1 rescucender. One assistant (fellow trainee or instructor) is needed during the operation.

Skill Criteria

Low-Angle Lowering and Raising System

The trainee must score a 10 out of 14 with NO zeros allowed.

Lowering System:

Munter Hitch Lowering Device

2 (All must apply)

Munter hitch is appropriately chosen and tied correctly; trainee locks the Munter hitch off efficiently (half hitch, followed by an overhand)

1

Lowering system is rigged inefficiently (i.e. operator/rope position, etc.); locking off the munter hitch is inefficient (just an over hand, etc...)

0

Munter hitch is tied incorrectly; munter hitch lock off not secure.

Raising System:

3:1 Z-Rig with internal PCD

2 (All must apply)

The mechanical advantage of the system is correctly identified; the mechanical advantage is efficiently incorporated into the haul system; progress capture is an integral part of the system.

1

The mechanical advantage of the system is incorrectly identified; the mechanical advantage system is inefficient (i.e. unnecessary friction, haul system requires frequent resets).

0

The mechanical advantage system is unsafe or otherwise unworkable; Progress capture device is incorrect, ineffective or omitted. Used a system other than an inline z-rig.

Equipment:

2

Equipment is appropriately and efficiently applied; appears confident with using equipment

1

Equipment use is safe, but used inefficiently; lacks confidence with using equipment (takes several attempts to figure out how to use/apply equipment)

0

Equipment use is not safe or is inappropriately applied (i.e. unlocked carabiner).

Knots and Hitches:

2 (All must apply)

Knots and hitches are tied correctly, dressed, and appropriate to the application, with at least 4" of tail and bights smaller than 4".

1

Knots and hitches are not dressed; Bights are larger than 4", or not the optimal knot for the operation.

0

Knots and hitches are tied incorrectly, Tail is shorter than 4", lack required safeties, or otherwise represent a safety hazard.

Anchoring Techniques:

2 (All must apply)

Anchoring techniques are adequate for life support; anchors are appropriately and efficiently located.

1

Anchors are inappropriately located (i.e. operation would not be efficient).

0

Anchoring techniques are inadequate for life support.

System Operation:**2 (All must apply)**

Trainee demonstrates safe, efficient operation of all systems and components:

- Lowers in a controlled manner;
- Efficiently operates the haul system (i.e. haul, set, reset, etc...) manages rope efficiently;
- Uses and responds appropriately to standard commands.

1

Trainee operates systems safely but inefficiently:

- Operates lowering system;
- Operates the haul system in such a manner that it is adequate but is not optimal; rope is not managed well and causes interference with operation;
- Uses non-standardized commands.

0

Students rigging would be hazardous to the patient and/or rescuers. System does not function; system is otherwise unsafe. System does not achieve the objective.

Time:**2**

Constructs and operated the system in less than 10 minutes.

1

Constructs and operates the system in 10-20 minutes.

0

Constructs and operates the system in over 20 minutes.



High Angle Skill Sheet

OBJECTIVE (NFPA JPR's- 5.5.6, 5.5.8, 5.5.10, 5.5.11, 5.5.12)

The trainee shall construct a Two Tensioned Rope System (TTRS) - lowering system and a Single Tensioned Main Un-tensioned Belay (STM-UTB) - raising system to be used in the High-Angle environment and demonstrate its use. The trainee shall complete the skill according to the criteria below. The trainee must score 10 out of 14 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will be required to set up a lowering system, using two munter hitches, to be used in the High-Angle environment. **Once the lowering system is built time will stop and I will inspect the rigging.** Once the rigging is inspected the time will start again and you, with two assistants, will demonstrate operation of the lowering system. You will then be directed to build a raising system, using a 4:1/5:1 Block and Tackle with two munter hitches as the progress capture device and belay, to be used in the High-Angle environment. **Once the raising system is built time will stop and I will inspect the rigging.** Once the rigging is inspected the time will start again and you, with two assistants, will demonstrate operation of the raising system. The assistants will only respond to the verbal commands of the trainee. Time will stop after the trainee has demonstrated the operation of both systems. I will grade you according to the criteria at the bottom of this skill sheet. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test.

PREPARATION & EQUIPMENT

Provide the trainee with four 200' 11-12.5mm ropes, five 20' 1 inch webbings, 10 large carabiners, 2 extra large carabiners, 2 double pulleys, one set of tandem prusiks, and 2 rescucenders. Two assistants (fellow trainees or instructors) are needed to assist during the operation.

Skill Criteria

High-Angle Lowering and Raising System

The trainee must score a **10** out of **14** with no zeros allowed.

(TTRS) Lowering System:

Munter Hitch Lowering Device

2 (All must apply)

Both Munter hitches are appropriately chosen and tied correctly.

1

Lowering system is rigged inefficiently (i.e. operator/rope position, etc.).

0

One or both of the Munter hitches are tied incorrectly.

(STM-UTB) Raising System:

4:1/5:1 Block and Tackle

2 (All must apply)

The mechanical advantage of the system is correctly identified; the mechanical advantage is efficiently incorporated into the haul system; the Munter hitches are identified as progress capture.

1

The mechanical advantage of the system is incorrectly identified; the mechanical advantage system is inefficient (i.e. unnecessary friction, haul system requires frequent resets).

0

The mechanical advantage system is unsafe or otherwise unworkable; Progress capture is ineffective or omitted. A system other than a 4:1/5:1 Block and Tackle is used.

Equipment:**2**

Equipment is appropriately and efficiently applied; appears confident with using equipment

1

Equipment use is safe, but used inefficiently; lacks confidence with using equipment (takes several attempts to figure out how to use/apply equipment)

0

Equipment use is not safe or is inappropriately applied (i.e. unlocked carabiner).

Knots and Hitches:**2 (All must apply)**

Knots and hitches are tied correctly, dressed, and appropriate to the application, with at least 4" of tail and bights smaller than 4".

1

Knots and hitches are not dressed; Bights are larger than 4", or not the optimal knot for the operation.

0

Knots and hitches are tied incorrectly, Tail is shorter than 4", lack required safeties, or otherwise represent a safety hazard.

Anchoring Techniques:**2 (All must apply)**

Anchoring techniques are adequate for life support; anchors are appropriately and efficiently located.

1

Anchors are inappropriately located (i.e. operation would not be efficient).

0

Anchoring techniques are inadequate for life support.

System Operation:**2 (All must apply)**

Trainee demonstrates safe, efficient operation of all systems and components:

- Lowers in a controlled manner **keeping tension in both ropes;**
- Efficiently operates the haul system (i.e. haul, set, reset, etc.) manages rope efficiently;
- Uses and responds appropriately to standard commands;
- Belay line stays tight and is operated efficiently.

1

Trainee operates systems safely but inefficiently:

- Operates lowering system but: allows only one rope to bear the weight, allows load to shift between the two ropes;
- Operates the haul system in such a manner that it works but is not optimal; rope is not managed well and causes interference with operation;
- Uses non-standardized commands;
- Belay line is allowed to become slack but then tensions the rope.

0

Students rigging would be hazardous to the patient and/or rescuers. System does not function; Belay line is not effective; system is otherwise unsafe. System does not achieve the objective.

Time:**2**

Constructs and operates the system in less than 12 minutes.

1

Constructs and operates the system in 12-20 minutes.

0

Constructs and operates the system in over 20 minutes.