History: Effective: 7-2-09 Revised: 6-23-09 Original: 11/00

Index

301 PURPOSE & RESPONSIBILITIES **1 of 1**

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

Purpose

The purpose of the daily training program is to provide a pre-scheduled coordinated plan of daily training activities for each shift.

Responsibilities

The Training Division Chief shall be responsible to provide a sequential order of training to shift personnel in order to meet the following objectives:

1. To provide the means by which firefighters are trained to meet performance standards necessary to provide the higher level of efficiency possible in the fire service.

2 To improve the level of service provided to the citizens of East Lake.

3. To assist E.L.F.R. personnel in promotional examinations for career advancement.

4. Standardization of training program to assure that all personnel receive training that complies with recommended procedures as set forth below.

    a. Minimum set by OSHA, HRS, ISO and NFPA.
    b. Minimum of 40 hours of training per month in accordance with subjects covered in the internal Training Basic Code Identification Services 100-2000.
    c. Means of training provided to incorporate the County 600 series (Standard Operating Procedures).

302 PHYSICAL AND ENVIRONMENTAL TRAINING PREREQUISITES 1 of 4

History: Effective: 7-2-09 Revised: 6-23-09 Original: 6-23-09

Training and Heat Stress

It is the position of East Lake Tarpon Special Fire Control District to place the health and safety of all employees as our highest priority. A search of various resources indicates the most important measure to ensure firefighter safety is education, ensuring that personnel are aware of the precautions to take, the warning signs and treatment of heat emergencies. Due to the nature of emergency services, we are unable to cease all activities during times of high heat. Furthermore, with Florida's climate, we often experience heat indices that are considered to be extreme; however, certain precautions can be taken during emergency and non-emergency operations to reduce the risks to employees.

Heat Index is considered one of the best means of evaluating environmental heat conditions. Heat index is determined from a formula utilizing the ambient air temperature and the relative humidity or dew point. The following practices are to be implemented whenever temperatures are expected to exceed 100 degrees or whenever the combination of air temperature and humidity equal or exceed a heat index of 100.

- All non-emergency outdoor activities will be evaluated for their necessity, or ability to be moved indoors.
- When possible, outdoor activities will occur prior to 1000hrs or after 1600hrs.
- When possible, shade, cooling fans and/or misting devices will be employed.
- All personnel will be closely monitored for proper hydration and rest periods.

If an Excessive Heat Warning has been issued by the National Weather Service (NWS), all non-emergent outside activities will be cancelled or postponed. Excessive heat warnings are issued if the daytime heat index is greater than or equal to 105. If outdoor activity will be performed wearing bunker gear, 10 points must be added to the heat index. If the activity is in direct sunlight, add an additional 10 points. Example:

Heat Index = 80, bunker gear +10, direct sunlight +10 = 100.

Employees who are overweight, dieting, or past heat casualties are more prone to heat injuries. As a result, their activities must be closely monitored.

Common Sense Approach To Battle The Heat:

- Acclimatization. It takes up to two weeks to become acclimatized. Therefore it is important for personnel to spend some active time outside each day to ensure that the body is adjusted to the current temperature.
- Fluid intake. Employees should drink adequate fluids before and during any outdoor operations or training exercise.
- Physical conditioning. Infections, fever, recent illness, overweight, fatigue, drugs (cold medication), and previous heat injuries may increase the risk of heat stress.
- Work schedules. If the situation allows, heavy work and activities that require strenuous physical exertion should be scheduled for early morning or late evening. Provide shade, fans, and/or misters to cool the working atmosphere, and avoid working in the direct sun, whenever possible.
- Clothing. If the operation or training exercise requires the use of protective clothing, loosening or removing of protective clothing elements should occur as soon/often as possible.
- Heat Index. Heat index is the best means of evaluating environmental heat. Officers must monitor the heat index and, if tactically possible, modify activities and monitor employees accordingly. The purpose of this procedure is to establish guidelines and responsibilities for minimizing the effects of heat stress to department members.

Member's Responsibilities:

Each member will be responsible to:

- maintain proper rest/nutrition regimen
- observe appropriate work/rest cycles
- hydrate before, during, and after each shift (minimize coffee, tea, and cola products)
- inform supervisor of any ill effects to heat

Company Officers Responsibilities:

Company officers shall be responsible to monitor/manage:

- Cardiovascular activity (running, etc.). Shall be limited to a maximum of 30 minutes.
- A minimum of 64 ounces (2 quarts) of fluid should be consumed during the 24 hour shift.
- Work/rest cycles--request a relief company and assignment to rehab prior to crew consuming two bottles of air.
- Company activity and request additional resources as necessary.

Command Responsibilities:

- Establish a Rehab Sector on all working fires.
- Assign companies to Rehab Sector as needed or requested (companies shall remain in rehab for a minimum of 20 minutes).
- Utilize the practice of first company in, first company out routine.
- Request additional resources as necessary.

TRAINING SAFETY:

All training activities will occur with heat indices being taken into account. When the heat index is between 90 and 120, heat stress precautions will be put into place. When a high heat warning is issued by the NWS, all training will be postponed until the heat index lowers. If outdoor activity will be performed wearing bunker gear, 10 points must be added to the heat index. If the activity is in direct sunlight, add an additional 10 points. Example:

Heat Index = 80, bunker gear +10, direct sunlight +10 = 100.

Employees who are overweight, dieting, or past heat casualties are more prone to heat injuries. As a result, their activities must be closely monitored.

Remember to be alert to early signs of dehydration and heat illness. They forewarn of more severe casualties to come without intervention. Virtually all heat injuries are preventable.

Guidelines for Heat Exposure Limits

Always monitor signs and symptoms of heat stress. Discontinue any activity for any person when:

- Sustained heart rate is greater than 160 BPM for those under 35, and 140 for those over 35.
- There are complaints of sudden and severe fatigue, nausea, dizziness, lightheadedness, or fainting.
- There are periods of inexplicable irritability, malaise or flu-like symptoms.
- Sweating stops and the skin becomes hot and dry.

PHYSICAL PREREQUISITES:

Employees participating in strenuous training or training in structural firefighting gear shall have their vital signs taken prior to and after the training exercise. In order for the employee to participate in the training, their vitals must be:

Blood pressure less than 160/100
Heart rate less than 110

If an employee's vital signs exceed either of these parameters, allow the employee to rest for several minutes, and retake the vitals. If they still exceed the parameters, the employee will be removed from duty until he or she is evaluated by a physician and determined to be fit for duty based on NFPA 1582.

ENVIRONMENTAL PREREQUISITES:

If an Excessive Heat Warning has been issued by the National Weather Service (NWS), all non-emergent outside activities will be cancelled or postponed. Excessive heat warnings are issued if the daytime heat index is greater than or equal to 105. If outdoor activity will be performed wearing bunker gear, 10 points must be added to the heat index. If the activity is in direct sunlight, add an additional 10 points. Example:

Heat Index = 85, bunker gear +10, direct sunlight +10 = 105.

The department Wet Bulb Globe thermometer or the weather station at St Petersburg/Clearwater Airport may be used to determine current conditions.

http://www.met.utah.edu/cgi-bin/droman/meso_table_mesowest.cgi?stn=KMCF&unit=0&time=GMT

303 SCHEDULING **1 of 1**

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

The Training Division Chief will coordinate any multi-company training activities.

The Training Division Chief will be required to review and evaluate four (4) training sessions per year.

The District Chiefs should plan and organize his/her training with their station personnel and periodically evaluate overall progress and objectives.

Acting District Chiefs will carry out assigned training activities and make necessary documentation.

No training shall be scheduled on holidays or Sundays.

One session for review of department's Standard Operating Procedures. Each Lieutenant is required to conduct a review on Saturday, of the monthly assigned subject. The Division Chief in charge of Fire Prevention will assign the Shifts the Safety Survey and preplan requirements.

304 DAILY TRAINING REPORT

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

Daily Training Report

The Daily Training Form 304.1 is to be filled out each shift Station by the Lieutenants. This information is to be entered in the Training (TR04081) account also. Proper procedures for filling out the form are as follows by Section:

a. Date: Should be day you came on duty

b. Shift: A, B, C

c. Station: 56, 57, 58

d. Personnel: To be listed in following manner only. Last name first middle initial, and an department identification number. Example: Bumby, E. 130000.

e. Subject: To be numbered from Section H of Training Report Form corresponding with subjects trained on. One subject per square.

f. Hour: Training hours are to be recorded in the following manner only; One hour is to be listed as 1.0, One hour and fifteen minutes is 1.25, One hour and thirty minutes is 1.50, One hour and forty five minutes is 1.75. All portions of hours are to be listed as:

15 minutes = .25, 30 minutes = .50, 45 minutes = .75.

g. This area is to list whether the training class was a class or practical, and whether it was conducted during the day or night. A "C" or "P" are to be used to designate Class or Practical. Use a "D" or "N" to designate Day or Night. This area of the form shall have a slash across it with the top portion containing either "C" or "P" and bottom portion will contain "D" or "N". Refer to Example of Training. Please note that up to four (4) subjects can follow one name on the same line. Each subject will be filled out as explained above.

h. Suppression and EMS subjects: The subject or subjects being taught are to be circled.

i. Shift Officer: Signature of Officer's name here.

j. Training Officer: Signature of Training Officer's name here.

k. Multi-Company and Multi Agency Drills: List any multi-company drills here. Multi-company drills consist of two or more unit training together. Location of where the occupancy drill was conducted is also to be listed.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

Multi-agency - List multi-agency drills when two separate Fire Departments conduct drills together. List the Departments name, as well as, units involved.

Example: Type of exercises conducted, occupancy and address are filled out the same as multi-company drills. Safety Harbor Engine 53 and East Lake Engine 58.

It is expected that all Shift Officers and Training Division Chief become familiar with the procedures for filling out the Daily Training Report. Training Division Chief is to make sure all Acting Officers correctly fill out the Training Report Form.

305 MONTHLY SCHEDULE REPORT

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

A monthly training calendar will be presented at the Staff Meeting prior to that month by the Training Officer to meet the requirements of OSHA NFPA, ISO and 600 Series.

An outline of the drills will also be presented at this time.

History: Effective: 5-7-09 Revised: 4-28-09 Original: 11/00

(NFPA 1500 10.2.4)
East Lake Tarpon Special Fire Control District's annual fitness test is for candidates and employees who engage in emergency operations. An evaluation of the test and grade earned is provided (Form 307.1). A passing grade is 30% or better grade average.
*Grade average is determined by adding the five event percentages and dividing by 5.

(NFPA 1500 10.1.3)
Any newly hired candidate of East Lake Tarpon Special Fire Control District will be tested with 8-2.1 test (SOP 307, Annual Fitness Evaluation).

(NFPA 1500 10.2.5)
Annual fitness testing will coincide with the annual physical unless a member is excused by a physician. Any member receiving a performance grade lower than 30% grade average will be relieved from engaging in emergency operations and will be referred to the department physician for further evaluation.

(NFPA 1500 10.2.6)
Employees will train using the fitness program in 10.2.1 until they feel ready to be retested. They will be retested using SOP 307 and must pass with a 30% grade average or better.

(NFPA 1500 10.3.2)
The fitness program will consist of performing one hour or more of training per shift-2 personnel must be present when working with weights. Personnel will not be required to train on Sundays and holidays. Personnel on a 40 hour work week are not required to perform one hour of training per day. The minimum acceptable number of hours per month is seven.

(NFPA 1500 10.2.1)
All employees of East Lake Tarpon Special Fire Control District shall participate in a structured program as defined by the individual results of the annual fitness evaluation and department fitness coordinator. Non-firefighting personnel are not required to participate in the Departmental annual fitness evaluation.

History: Effective: 5-7-09 Revised: 4-28-09 Original: 11/00

(NFPA 1500 10.3.4)

The Fitness Coordinator will average the results of the annual fitness evaluation to determine if the employee passed or failed, and if the employee meets or exceeds the requirements for incentive pay. If an employee cannot participate in the fitness evaluation, the fitness coordinator will act as liaison between the department physician and the chief to determine when the employee will be able to be tested.

307 ANNUAL FITNESS EVALUATION

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

PHYSICAL FITNESS EVALUATION

After the medical examination has been completed and the medical clearance and informed-consent forms have been received, the participant is ready for the physical fitness evaluation. This evaluation will be done by the department fitness specialist or the department's designee.

Participants should be informed of the following guidelines before they report for fitness testing:
1. Wear exercise clothing and shoes for the test.
2. Do not eat for 2 hours before testing (this includes drinking coffee or tea).
3. Do not consume alcohol for 24 hours before testing.
4. Do not smoke for 2 hours before testing.
5. Do not exercise on the day of testing.

The four areas of physical fitness selected for evaluation are body composition, cardio-respiratory endurance, flexibility, and muscular strength and endurance. The tests are administered in the following order:

1. Standing height (if taken)
2. Weight
3. Resting heart rate
4. Resting blood pressure
5. Body composition
6. Cardiovascular evaluation
7. Flexibility measurement
8. Muscular strength and endurance

The Physical Fitness Evaluation Profile form rates all result on a scale from ***excellent to very poor***.

Physical Fitness Award

$250 per fiscal year for a weighted average score of 80 to 85 percent
$500.00 per fiscal year for a weighted average score of 85 percent or greater

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

STANDARD MEASUREMENTS: Measurements of height, weight, and resting heart rate and blood pressure provide a baseline for measuring improvement and evaluating changes.

STANDING HEIGHT: The participant should stand barefoot with the heels together, and then stretch upward to the fullest extent. Heels, buttocks, and upper back should touch a vertical upright such as a wall. The chin should not be lifted. Measurement is recorded in inches to the nearest quarter inch.

WEIGHT: Weight should be recorded with the individual wearing gym shorts, t-shirt, and no shoes; record weight to the nearest quarter pound.

RESTING HEART RATE: The resting heart rate should be counted when the individual is sitting (as for a blood pressure test) and should have had an adequate rest period prior to this test. Adequate rest is indicated when the heart rate has stabilized at a low rate and has not changed.

RESTING BLOOD PRESSURE: The individual should be in a relaxed and comfortable sitting position and should be allowed to relax for a few minutes in this position before the blood pressure is taken.

BODY COMPOSITION

Body composition refers to the lean body weight plus the fat weight, which together make up total body weight.

ESTIMATION OF BODY FAT BY SKINFOLDS

The method of estimating body fat involves the measurement of skin folds in various body locations.

SKIN FOLD MEASUREMENTS: Test One

Skin fold measurements are used to determine the percent body fat. The skin fold measurements as raw scores are also valuable and should supplement the information on percent of body fat and target weight. Very often a participant in an exercise program reduces the subcutaneous fat in a number of locations, and these individual changes may not be identified in the estimation of percent fat alone. The skin fold measurement is an actual measurement and not a prediction and is therefore valuable in showing body-composition change.

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

Descriptions of the location of skin fold measurements and the technique used in measuring are given next. Although only 3 or 4 sites are used in the prediction of percent body fat, other sites may be useful to measure for the skin fold profile.

Test Administration

Skin folds will be taken prior to active tests, as sweating and increased blood flow to the skin make measurement more difficult. Men can wear gym shorts for the test; women should wear shorts and a loose-fitting, sleeveless blouse or T-shirt that is also loose at the waist or the top to a two-piece swimsuit. A skin fold caliper will be used to measure the percentage of body fat. All measurements will be on the person's right side unless there is a physical abnormality in which case the left side may be used. The fold of skin will be firmly grasped between the left thumb and four fingers and lifted up. The fold should be lifted several times to be certain that no muscle is grasped.

CARDIORESPIRATORY EVALUATION: Test Two

The Gerkin Protocol or Bruce Protocol Test using a treadmill is used for individual cardio respiratory fitness testing, with the understanding that the participant has received clearance to participate by a physician. The measurements resulting from the test reflect the cardio respiratory response of the individual and should be used to show changes in endurance during the exercise training. The test shows the relationship of heart rate to work and thereby can predict the workload that an individual would be capable of handling at maximum heart rate. It can also be used to predict an individual's maximum oxygen uptake. As the workload increases, the heart rate and the oxygen uptake increase. This relationship allows the prediction of a maximum oxygen uptake from the maximum heart rate.

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

FLEXIBILITY MEASUREMENT: Test Three

Trunk Flexion is used as a general test of flexibility. It is recommended that a short warm-up of stretching exercised precede the actual measurement and that the test be performed slowly and cautiously to avoid injury.

MUSCULAR STRENGTH AND ENDURANCE MEASUREMENT: Test Four

Bench Press Test:

The participant should lie on the bench in a supine (face up) position, with the knees bent and feet on the floor. An 80 lb. barbell should be used for men; 35 lb barbell for women. The participant should grip the bar with elbows flexed, palms up (down position), with hands shoulder-width apart. The participant should then press the barbell upward to extend the elbows fully. After each extension the participant should return the barbell to the original down position. Participants should breathe regularly and not strain during the test. The test is terminated when a participant is (a) unable to reach full extension of the elbows or (b) breaks cadence and cannot keep up the rhythm.

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

TEST FIVE
Half Sit-Ups (Abs-Crunch) are fairly standardized with respect to technique.

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

If your blood pressure exceeds 160/100, it is considered high. You will be referred to the Department Physician for release prior to further testing.

History: Effective: 9/26/08 Revised: 9/16/08 Original: 11/00

NAME:_____AGE: _____ DATE OF EVALUATION_____

EVENT		**SCORE**
1.	**SKINFOLD (% body fat)**	**_____**
2.	**CARDIORESPIRATORY (VO2)**	**_____**
3.	**FLEXIBILITY MEASUREMENT**	**_____**
4.	**BENCH PRESS**	**_____**
5.	**SIT UPS**	**_____**
TOTAL PERCENT		**_____**

APPRAISAL RATING: (Circle one)

1. Exceeds **2. Meets** **3. Needs Attention** **4. Unsatisfactory**

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

PROTECTIVE BREATHING APPARATUS

In full protective gear the firefighter shall demonstrate:

Donning an air pack using the overhead method. Drill is to be completed in 0.45 min/sec.

Changing an air bottle on an air pack. Drill is to be completed in 0.60 min/sec.

Donning an air pack from the pumper using the coat method. Drill is to be completed in 0.45 min/sec.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

LADDERS

In full protective gear the firefighter shall demonstrate:

Carrying a 14' ladder 50 feet. Drill is to be completed in 0.25 min/sec.

Carrying a 24' ladder 50 feet. Drill is to be completed in 0.28 min/sec.

Raising a 14' ladder and climbing to the top of the ladder and then descending and lowering the ladder to the ground. Drill is to be completed in 0.53 min/sec.

Raising a 10' attic ladder and lowering the ladder to the ground. Drill is to be completed in 0.29 min/sec.

Climbing a 24' ladder the full length carrying an axe while ascending and descending.. Drill is to be completed in 0.46 min/sec.

Raising a 24' extension ladder and fully extending the fly section and ascend to the top of the ladder and then descend and lower the ladder to the ground. Drill is to be completed in 0.25 min/sec.

Climbing a 24' extension ladder fully extended carrying K-12 saw while ascending and descending. Drill is to be completed in 0.57 min/sec.

Climbing a 24' extension ladder fully extended and bringing an "injured person" down the ladder. Drill is to be completed in 0.36 min/sec.

Advancing a 1-3/4" line and working off a 24' or 35' ladder with a proper leg lock and then flow water. Drill is to be completed in 0.25 min/sec.

Techniques of working from ground ladder with tools and appliances. Drill is to be completed in 0.25 min/sec.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

ROPES

In minimum protective gear the firefighter shall demonstrate:

Tying a bowline knot with 5/8" rope. Drill is to be completed in 0.45 min/sec.

Hoisting any selected forcible entry tool with an approved knot to a height of 10'. Drill is to be completed in 1.05 min/sec.

Tying a becket bend with 5" rope. Drill is to be completed in 0.45 min/sec.

Hoisting a 3" hose with nozzle with an approved knot to a height of 10'. Drill is to be completed in 1.05 min/sec.

Securing 1-3/4" hose line to a ladder using an approved knot. Drill is to be completed in 0.45 min/sec.

Tying a rope between two objects at least 15 feet apart, that will support the weight of a firefighter on the rope. Drill is to be completed in 3:00 min/sec.

Tying a clove hitch knot with 5/8" rope. Drill is to be completed in 0.45 min/sec.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

VENTILATION

In full protective gear the firefighter shall demonstrate opening or breaking of windows and removing obstructions. Drill is to be completed in 1.30 min/sec.

In full protective gear the firefighter shall demonstrate the ventilation of a roof with an axe. Drill is to be completed in 5.00 min/sec.

In minimum protective gear the firefighter shall demonstrate placing the generator in-service with two floodlights 50 feet away. Drill is to be completed in 4.00 min/sec.

In full protective gear the firefighter shall demonstrate changing of the blade on the K-12 saw and cutting a 2x4 in half. Drill is to be completed in 4.00 min/sec.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

FIRE HOSE, NOZZLES AND APPLIANCES

In full protective gear the firefighter shall demonstrate:

Stretching a dry 1-3/4" 200' hose line. Drill is to be completed in 0.50 min/sec.

Stretching a dry 1-3/4" 200' hose line up a ladder into an upper floor. Drill is to be completed in 1.10 min/sec.

Making up a 3" hand line 150' long secured in a loop by using a clove hitch. Drill is to be completed in 2.30 min/sec.

Advancing a charged 1-3/4" attack line 50', flowing 100 GPM. Drill is to be completed in 0.35 min/sec.

Making a capacity hook-up with 5" supply hose from a hydrant to a pumper. Drill is to be completed in 2.15 min/sec.

Connecting two 3" supply lines 100' long to an automatic sprinkler system. Drill is to be completed in 2.05 min/sec.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

RESCUE

In full protective gear the firefighter shall demonstrate:

Removal of an injured person from the immediate hazard by the use of carries or drags. Drill is to be completed in 0.45 min/sec.

Searching for victims within a structure with the masks blacked out. Drill is to be completed in 2.00 min/sec.

In minimum protective gear the firefighter shall demonstrate:

Placing the Lucas Tool in-service with the spreader and cutter attached to the power unit. The spreader shall be set up to pull a steering wheel. Drill is to be completed in 3.30 min/sec.

The proper connection and use of the air chisel operating off an Air Bottle. Drill is to be completed in 1.05 min/sec.

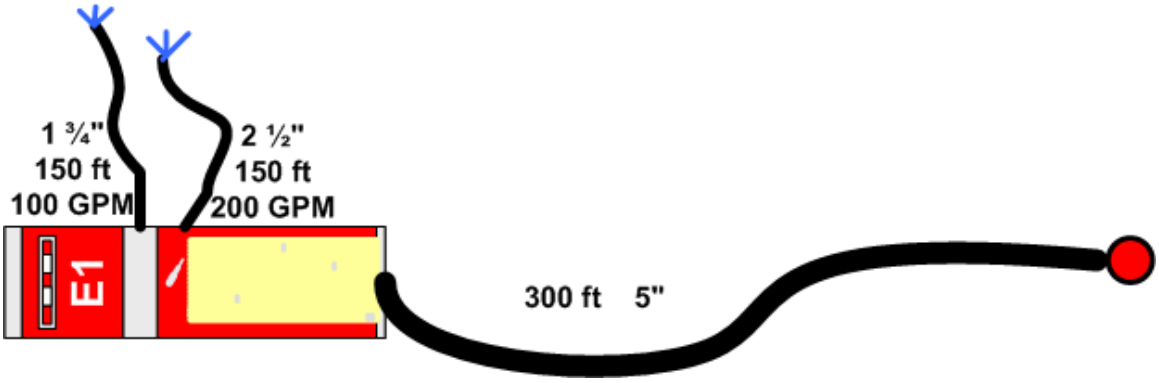
History: Effective: 01/07/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(621) Basic Company Evolutions

Evolution # 1: Forward lay with an 1 ¾ and a 2 ½ attack lines



Objectives: One engine company is to connect to a fire hydrant and then deploy two fire attack hand lines and flow a minimum of 335 GPM

Evolution Description:
The engine company shall complete a forward lay of 300 ft of 5 inch hose from the hydrant to the engine. Engine crew must deploy 200 ft. of 1 ¾ flowing a minimum of 125 GPM and one 150 ft. of 3" flowing a minimum of 200gpm. The engine shall be permitted to charge the initial attack line with tank water.

Evaluation Criteria:

- All lines shall be completely deployed from hosebed.
- Both lines shall be capable of flowing minimal acceptable pressures with a total flow of a minimum of 325 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

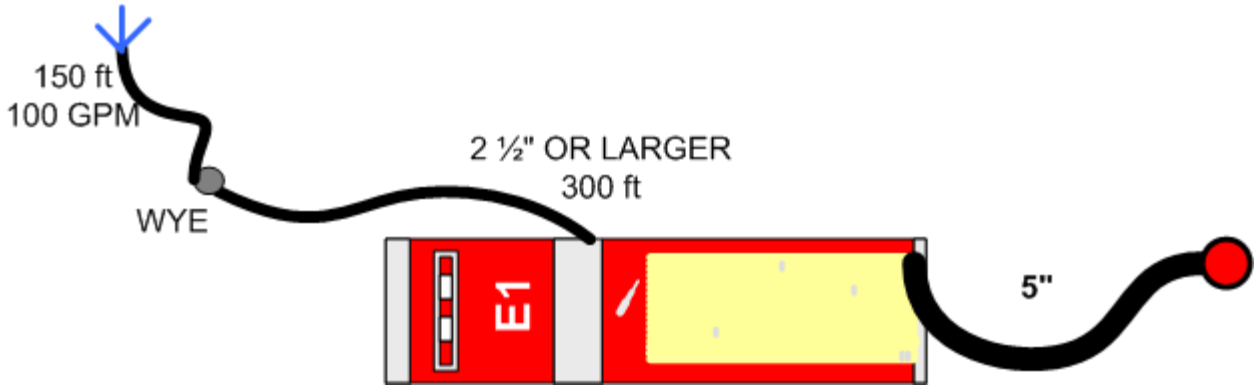
Recommended Maximum time: 3 minutes

History: Effective: 01/07/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(622) Basic Company Evolutions



Objectives: One engine company is to connect to a fire hydrant and then deploy a minimum of a 3 in. hose line with a gated wye and then extend one1 ¾ in. attack line. A minimum of 125 GPM must be obtained.

Evolution Description:
The engine company shall establish a water supply from a hydrant to the engine. Deploy 300ft. of 3 in. with a gated wye and then the engine crew must extend one 1 ¾" hose line 200 ft. and shall flow a minimum of 125 GPM. The engine shall be permitted to charge the initial attack line with tank water.

Evaluation Criteria:

- All lines shall be completely deployed from hose bed.
- The attack line shall be capable of flowing a minimal acceptable pressure with a total flow of a minimum of 125 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

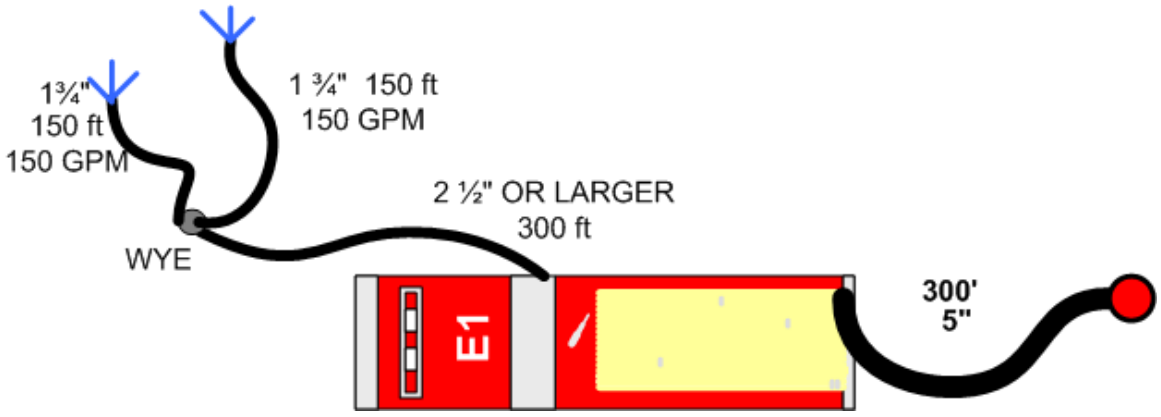
Recommended Maximum time: 5 minutes

History: Effective: 01/07/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(622) Basic Company Evolutions



Objectives: One engine company is to connect to a fire hydrant and then deploy a minimum of 3 in. hose line with a gated wye and then extend two1 ¾ in. attack lines. A minimum of 300 GPM must be obtained between both lines.

Evolution Description:
The engine company shall establish a water supply from a hydrant to the engine. Deploy 150ft. of 3in. (or larger) with a gated wye and then the engine crew must extend two 1 ¾ hose lines 150 ft. and shall flow a minimum of 300 GPM between both lines. The engine shall be permitted to charge the initial attack line with tank water.

Evaluation Criteria:

- All lines shall be completely deployed from hose bed.
- Both lines shall be capable of flowing minimal acceptable pressures with a total flow of a minimum of 300 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established
- Gated Wye may be used if no water thief

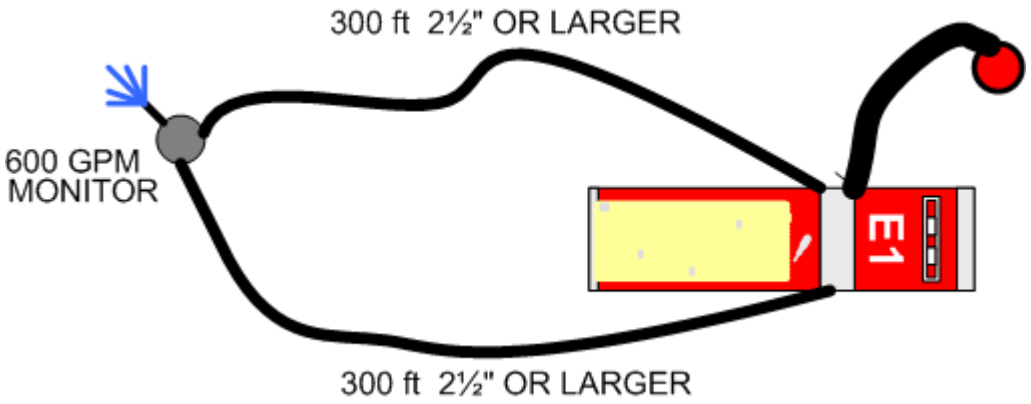
Recommended Maximum time: 5 minutes

History: Effective:01/07/2007 **Revised: 01/07/2007** **Original: 11/00**

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(623) Basic Company Evolutions



Objectives: One engine company is to deploy a ground monitor. Establish a water supply to pump the ground monitor at a minimum of 500 gpm.

Evolution Description:
The engine company shall advance two 150 ft of 3" hose to a ground monitor. The engine company must establish a constant water supply and deliver a minimum of 500gpm. The engine shall be permitted to charge the initial lines with tank water.

Evaluation Criteria:

- All lines shall be completely deployed from hosebed.
- Both lines shall be capable of flowing minimal acceptable pressures with a total flow of a minimum of 500 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

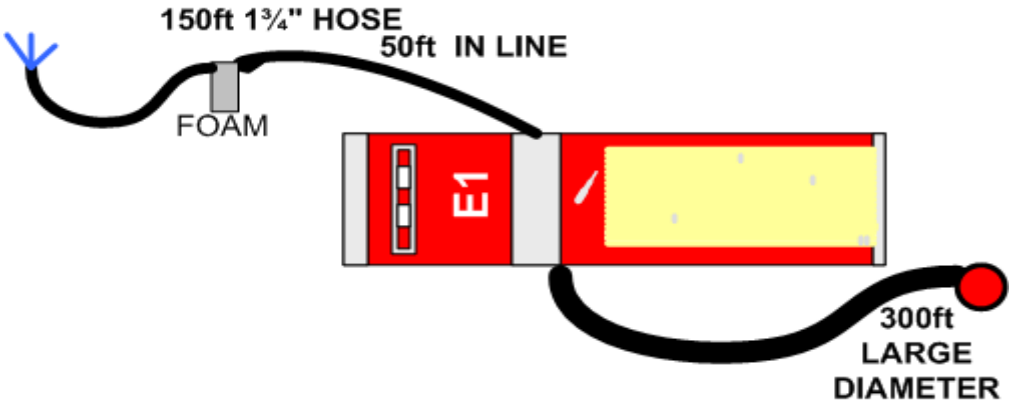
Recommended Maximum time: 5 minutes

History: Effective: 01/01/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(624) Basic Company Evolutions



Objectives: One engine company is to pull one 1 ¾" handline and place an in-line inductor into service flowing the proper gpm for both the eductor and the nozzle. A water supply must be established.

Evolution Description:
The engine company shall perform a forward lay of 300 ft. from the hydrant to the engine. Then the engine company will advance one 1 ¾" pre-connect and flow properly proportioned foam from an in-line eductor. The foam line must be in service and maintaining the proper nozzle pressure. The engine shall be permitted to charge the initial line with tank water.

Evaluation Criteria:

- The attack line shall be completely deployed from hosebed.
- This line shall be capable of flowing a minimal acceptable pressure with a total flow of a minimum of 125 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

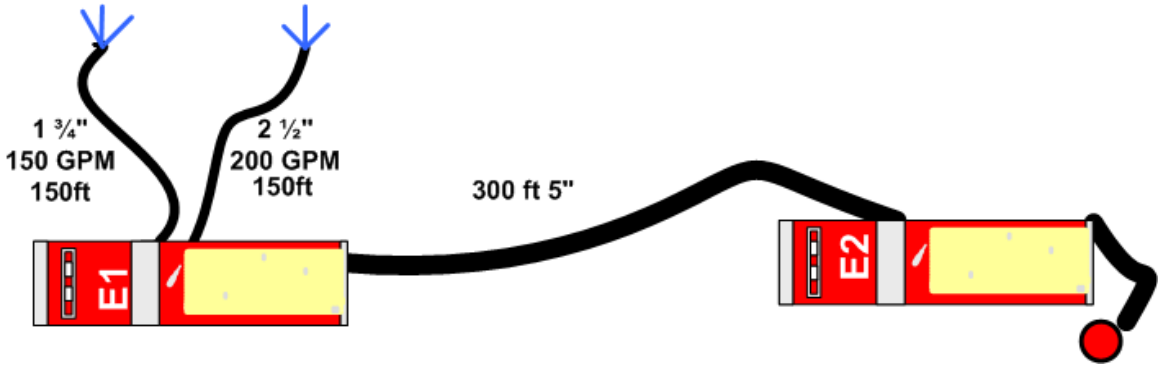
Recommended Maximum time: 5 minutes

History: Effective: 01/01/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(625) Basic Company Evolutions



Objectives: One engine company is to pull and advance two hand lines and place in-service. A water supply must be established by a second engine.

Evolution Description:
One engine shall deploy and advance two hose lines. One pre-connect must flow 125 GPM and must be a 1¾ pre-connect. The second hand line must flow 200 GPM and must be a 3 inch hose line. Both hose lines must be in service together and the proper nozzle pressures maintained. The engine shall be permitted to charge the initial lines with tank water. The second engine must relay pump 300 ft. of 5 in. hose to the first engine and establish a water supply.

Evaluation Criteria:

- All lines shall be completely deployed from hosebed.
- Both lines shall be capable of flowing minimal acceptable pressures with a total flow of a minimum of 350 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

Recommended Maximum time: 5 minutes

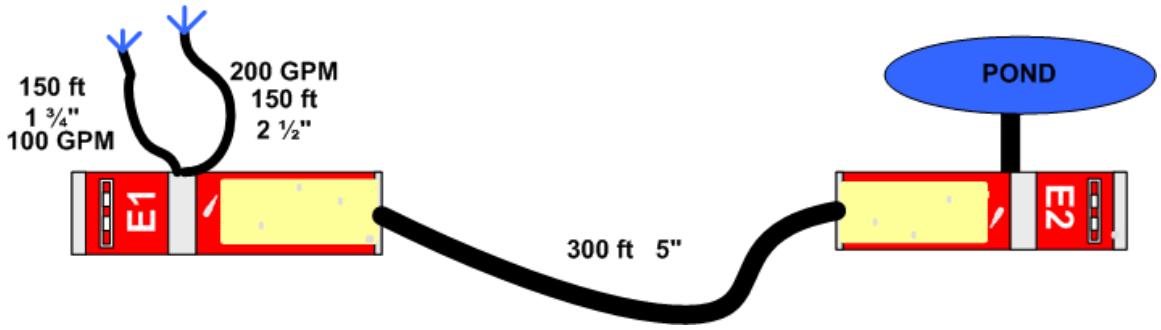
History: Effective: 01/01/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(626) Basic Company Evolutions

Evolution # 6: Drafting operations using two engines



Objectives: One engine company is to pull two hand lines and place in-service. The second engine must reverse out and draft from a static water source and relay pump to the first engine.

Evolution Description:
The first engine on scene must extend two hand lines. The first hand line must be 150 ft. of 1¾ and flow a minimum of a 125 gpm. The second hand line must be 150 ft. of 3 inch and flow a minimum of 200gpm. The second engine must establish a water supply from a static water source then relay pump 300 ft of large diameter hose to the first engine. The first engine shall be permitted to charge the initial attack lines with tank when the evolution beings.

Evaluation Criteria:

- All lines shall be completely deployed from hosebed.
- Both lines shall be capable of flowing minimal acceptable pressures with a total flow of a minimum of 325 gpm.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required 325 gpm and the appropriate drafting supply has been established

Recommended Maximum time: 6 minutes

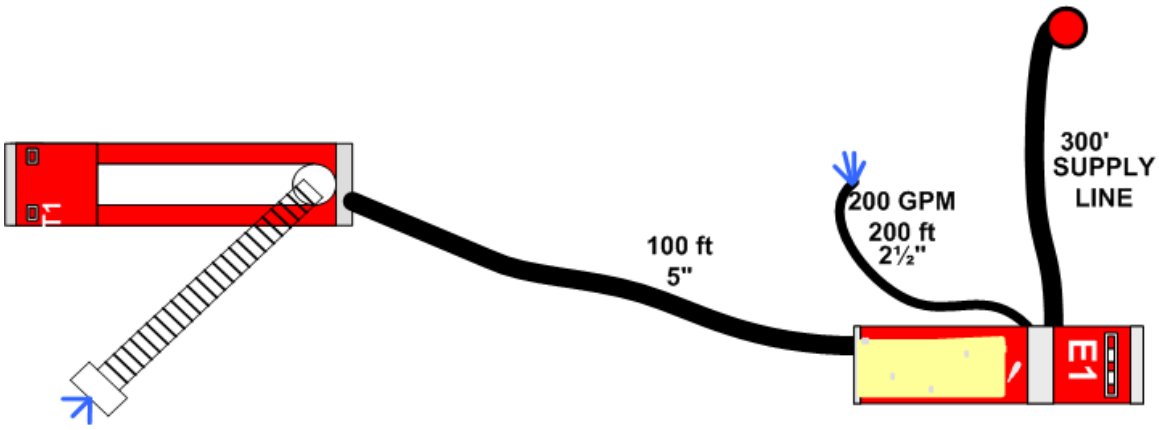
EAST LAKE TARPON SPECIAL FIRE CONTROL DISTRICT	STANDARD OPERATING PROCEDURES

History: Effective: 01/01/2007 **Revised: 01/07/2007** **Original: 11/00**

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(627) Basic Company Evolutions



Objectives: Establish a water supply and relay pump to an elevated master stream. The engine company must also deploy a 3 in. exposure line.

Evolution Description:
The engine company must establish a water supply and must be a minimum of 300 ft. from the hydrant. The engine company must also deploy 150 ft. of 3 inch and flow a minimum of 200 gpm. There must be a minimum of 100 ft of large diameter hose between the engine and the aerial ladder. The aerial ladder must be extended fully and with a minimum elevation of 60 degree. The aerial ladder must flow a minimum of 800 gpm.

Evaluation Criteria:

- The engine shall be capable of flowing minimal acceptable pressures with a total flow of a minimum of 1000 gpm.
- The hand line must be fully deployed and with the proper gpm setting.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required gpm and the appropriate hydrant supply has been established

Recommended Maximum time: 6 minutes

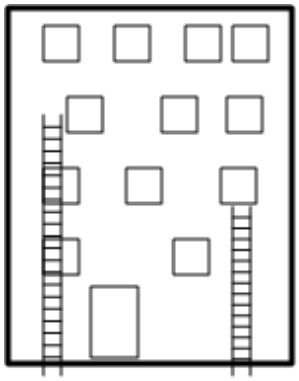
EAST LAKE TARPON SPECIAL FIRE CONTROL DISTRICT	STANDARD OPERATING PROCEDURES

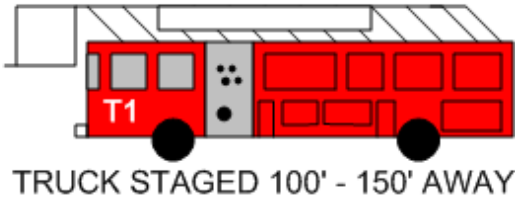
History: Effective: 01/01/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(628) Basic Company Evolutions





TRUCK STAGED 100' - 150' AWAY

Objectives: One Truck Company will deploy a 14’ and a 24’ extension ground ladder while following all appropriate safety precautions.

Evolution Description:
The truck company shall deploy a 24’ extension ladder placed for rescue. The truck company shall also deploy a 14’ extension ladder placed for ventilation of a window.

Evaluation Criteria:

- All appropriate safety precautions shall be followed.
- Time begins with the signal of the evaluator and is stopped when, both extension ladders are placed and each ladder is ready to climb.

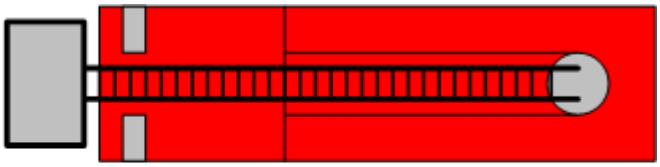
Recommended Maximum time: 5 minutes

History: Effective: 01/01/2007 Revised: 01/07/2007 Original: 11/00

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(629) Basic Company Evolutions



Objectives: One Engine Company will remove all extrication equipment from the apparatus and successfully operate each tool.

Evolution Description:
The engine company shall remove all extrication tools from the apparatus and place in a tool staging area. **Tool Stage Area**: Hydraulic Tool, power plant, hoses, spreaders, cutters; Ram tool; Cribbing; Haligan /Axe. Hydraulic tool must be successfully operated. For example, spreaders, cutters, power plants, hoses and manifolds.

Evaluation Criteria:

- All appropriate safety precautions shall be followed.
- Time begins with the signal of the evaluator and is stopped when; all extrication equipment has been removed from the apparatus and have been successfully operated.

Recommended Maximum time: 5 minutes

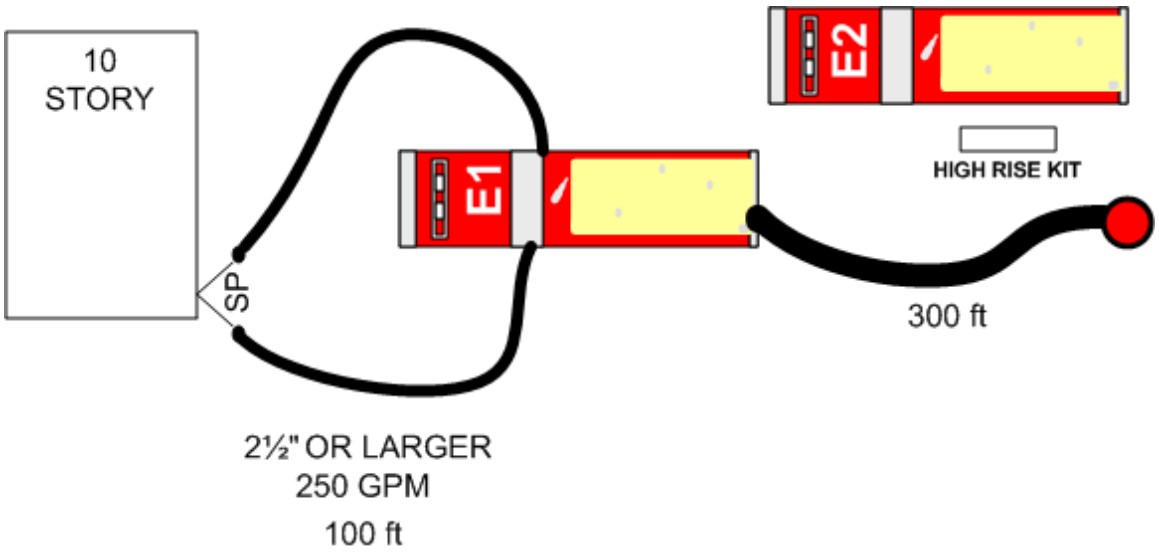
EAST LAKE TARPON SPECIAL FIRE CONTROL DISTRICT	STANDARD OPERATING PROCEDURES

History: Effective: 01/01/2007 **Revised: 01/07/2007** **Original: 11/00**

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(630) Basic Company Evolutions



Objectives: The 2nd Due Engine Company is to connect to a fire hydrant and then deploy two supply lines to the FDC. The 1st Due Engine Company is to advance the high rise pack to the fire floor and flow water.

Evolution Description:
The first unit on scene shall advance their high rise pack to the designated fire floor area and deploy their high rise kit and flow water on the 4th floor. The second unit/Engine on scene must complete a forward lay of 300 ft. of supply line from the hydrant. then connect two 100 ft. sections of supply lines to the fire department connection (FDC) and pump the FDC at the required pressure with the minimum of 500 gpm. The engine shall **not** be permitted to charge the initial supply lines with tank water.

Evaluation Criteria:

- All lines shall be completely deployed from hose bed.
- All lines shall be capable of flowing minimal acceptable pressures.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

Recommended Maximum time: 6 minutes

EAST LAKE TARPON SPECIAL FIRE CONTROL DISTRICT	STANDARD OPERATING PROCEDURES

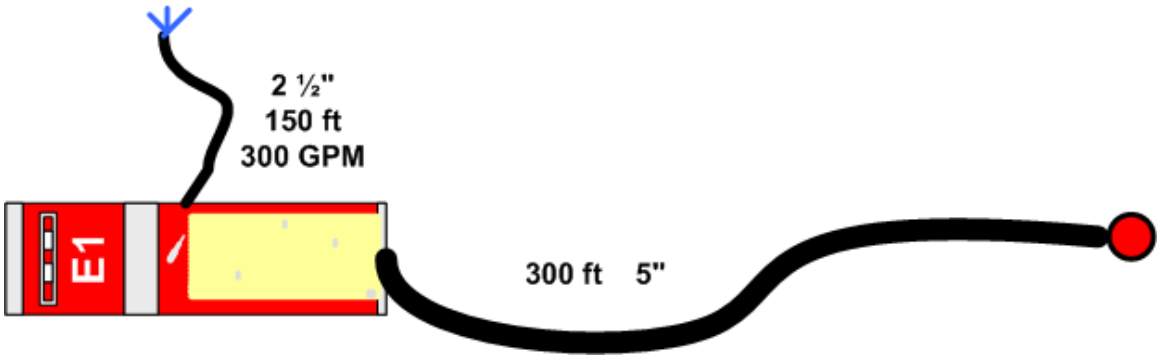
History: Effective: 01/01/2007 **Revised: 01/07/2007** **Original: 11/00**

East Lake Tarpon Special Fire Control District

Standards on Training for Initial Fire Attack

(631) Basic Company Evolutions

Evolution # 11: Forward lay with a 3”attack line



Objectives: One engine company is to connect to a fire hydrant and then deploy one fire attack hand line and flow a minimum of 300 GPM

Evolution Description:
The engine company shall complete a forward lay of 300 ft of 5 inch hose from the hydrant to the engine. Engine crew must deploy 150 ft. of 3” attack line flowing a minimum of 300gpm. The engine shall be permitted to charge the initial attack line with tank water.

Evaluation Criteria:

- The hoseline shall be completely deployed from hosebed.
- This line shall be capable of flowing a minimal acceptable pressure with a total flow of a minimum of 300 GPM.
- Time begins with the signal of the evaluator and is stopped when, water is flowing at the required GPM and the appropriate hydrant supply has been established

Recommended Maximum time: 3 minutes

3**10** **INFECTION CONTROL TRAINING** **1 of 2**

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

All employees providing emergency services will be required to complete:

- Initial infection control training prior to the time of assignment to tasks where occupational exposure may occur.
- Refresher infection control training at least annually thereafter.

All infection control training materials will be appropriate in content and vocabulary to the educational level, literacy, and language of employees being trained.

Training will be in compliance with NFPA Standard 1581 and OSHA Regulation 29 CFR Part 1910.1030 and shall include:

- An accessible copy of 29 CFR Part 1910.1030 and an explanation of its contents;
- A general explanation of the epidemics and symptoms of bloodborne diseases;
- An explanation of the modes of transmission of bloodborne pathogens;
- An explanation of the East Lake Fire & Rescue Exposure Control Plan and how the employee can obtain a copy;
- An explanation of the appropriate methods for recognizing tasks and other activities that may involve exposure to blood and other potentially infectious materials;
- Information on the types, proper use, location, removal, handling, decontamination and disposal of personal protective equipment;
- An explanation of the basis for selection of personal protective equipment;
- Information on the hepatitis B vaccine, including information on its efficacy, safety, and the benefits of being vaccinated; notification that the vaccine an vaccination will be provided at no charge;
- Information on the appropriate actions to take and persons to contact in an emergency involving blood or other potentially infectious materials.

History: Effective: 03/01/04 Revised: 1/05/04 Original: 11/00

- An explanation of the procedure to follow f an exposure incident occurs, including the method of reporting the incident and the medical follow-up that will be made available.

- Information on the post-exposure evaluation and follow-up that the department is required to provide following an exposure incident.

- An explanation of the signs and labels and/or color coding required for biohazard materials.

- Opportunity for interactive questions and answers.

- Infection control trainers shall be knowledgeable in all of the program elements listed above, particularly as they relate to emergency services provided by this department.

- Written records of all training sessions will be maintained for three years from the date on which the training occurs. Training records will include:

  The dates of the training sessions;
  The contents or summary of the training sessions;
  The names and qualifications of persons conducting the training; and
  The names and job titles of all persons attending the training sessions.

311 Woodland Trail Marking Tape

History: Effective: 02/15/05 Revised: Original: 02/15/05

Purpose: The purpose is to mark a path for the brush and/or water truck when entering and proceeding into a woodland area. By marking their path, it will allow for other vehicles to follow and assist them. Marking the path into the work area, will also allow for at least one means of a known escape route.

Direction of Use

With one roll of fluorescent orange tape:

- All markings will be on the left side of the trail going into the woodland area. The reason for marking the left side is when extricating the area; the tapes will be on the right side being **the right way out**.
- To mark the entrance in the woodland area two separate pieces of tape are torn off and wrapped around a fixed object. i.e.; tree, fence post, etc.
- One piece of orange tape will then be placed on each proceeding object and will be marked within sight of each other.
- At the termination of the incident, all tapes will be removed as the last truck leaves the area and be disposed of properly.

312 Overhaul and Use of the Multi-Gas Monitor **1 of 2**

History: Effective: 02/15/05 Revised: Original: 02/15/05

Purpose: To provide a means for determining when it is appropriate for personnel to work inside a structure without self-contained breathing apparatus (SCBA) following suppression of an active fire. To ensure that personnel will not be exposed to toxic levels of carbon monoxide (CO) in the post-fire environment.
This procedure will also describe guidelines for conducting overhaul operations with the aid of the Multi-Gas monitor.

Procedure: In the post-fire period the Incident Commander (IC) may allow personnel to perform salvage and overhaul procedures without the use of SCBA's. Prior to allowing these procedures, the IC or Safety Officer shall ensure that the following actions are taken:
1. The structure is well ventilated using electric powered positive-pressure ventilation.
2. That a qualified person is monitoring the environment throughout the entire incident.
3. Monitoring of the building is done in full protective clothing including SCBA and reports to the IC or Safety Officer any readings that are in alarm on the multi-gas meter.

Use of the Multi-Gas Monitor
1. The monitor will be used according to the manufacturer’s guidelines.
2. Testing of the monitor should be performed prior to entering a confined space or hazardous material incident.
3. The person assigned to gas monitoring shall enter the structure wearing full protective clothing including SCBA and monitor levels of CO-02-LEL-Hydrogen Sulfide.
4. Each work area will be monitored to confirm the area is safe based on the alarm levels of the multi-gas meter.
5. The use of SCBA's will continue until all levels are not in the alarm mode.
6. Positive pressure ventilation must be used during the entire operation.
7. IC or Safety Officer may implement compartment isolation or other techniques that allow varying levels of protection in larger buildings.
8. Even though the multi-gas meter shows that environmental levels are safe in the structure, continuous monitoring shall be performed.
9. The monitor should be used in different areas of the structure to ensure that the work areas are safe.

312 Overhaul and Use of the Multi-Gas Monitor

History: Effective: 02/15/05 Revised: Original: 02/15/05

Safety Procedures

1. Personnel assigned to monitor the environment will not enter the structure alone. A minimum of 2 personnel in full protective clothing including SCBAs will enter the building as a team. The monitor readings alone should not be the only factor in determining whether work areas are safe. SCBAs may be removed with the approval of the IC or Safety Officer.

2. A charged hose line will be in place while the monitoring team is inside the structure.

3. Any change in fire conditions will be reported immediately to IC or the Safety Officer so that appropriate action can be taken. Ventilation and SCBA use should be re-evaluated if the multi-gas alarm goes into alarm.

4. Report all monitoring results to the IC or Safety Officer to assist in the selection of the proper level of personal protective equipment.

5. Rotation of personnel is important to limit exposure of personnel and to decrease fatigue injuries.

6. Positive pressure ventilation is a vital component to ensure fresh air is replacing products of combustion during the overhaul process and must be used for the duration of salvage and overhaul.

7. Filter masks (Hepa-N95) and eye protection should be used to protect from particulates when SCBAs are not in use.

8. Eye-irritation or a burning sensation may be a sign that undetected toxins are present and additional ventilation and/or SCBA use may be warranted.

Detection of Hidden Fires: Overhaul activities must thoroughly detect and extinguish hidden fires or “hot spots” before they rekindle.

1. Consider using the Thermal Image Camera for detecting hidden fires.

2. Class “A” foam may be used to assist in overhaul of hidden and stubborn fires.

3. Schedule post-incident safety checks by fire companies to verify that the fire is completely extinguished.

EAST LAKE TARPON SPECIAL FIRE CONTROL DISTRICT	STANDARD OPERATING PROCEDURES