Virtual Training for African Firefighters
Weekly on Zoom

One & Two Person Drills

by Deputy Chief Howard A Cohen (ret.)
Bennington Fire Department
Bennington, Vermont
AAfrica Fire Mission

All the firefighters who took time to teach me how to be a firefighter.
Howard’s Bio

Fire Service
Department Chaplain 2001 - present
Deputy Chief, Jan. 2018 - 2021 (ret.)
Training Officer 2018 -
Fire Instructor Level 1, June 2020 -
Level 1 & 2 Firefighter, Board Certified
Crisis Intervention Stress Management
Wilderness First Responder
Haz Mat Ops

Other Things About Me
Rabbi
Life Coach
Wilderness Guide
Canoe Builder
Course Objective: To survey a wide range of skills drills that can be done by yourself or with one or two other firefighters, anywhere any time.
Main Causes of Line-of-duty deaths (LODDs)

- communication issues;
- command issues,
- lack of a functional accountability system
- personal health and fitness,
- no air management skills
- getting trapped in basements,
- failure to recognize warning smoke and fire signs
- not understanding building construction
1: I tell you what I’m going to teach you.
2: I teach you what I said I was going to teach you.
3: I review what I taught you.
3 Parts of Training

1: What is the skill? (See)
2: Why is it important? (Understand)
3: How do you do it? (Do)
Simple Drills You Can Do By Yourself

Don’t underestimate the value of these simple drills.
Drills to do by yourself with/without gloves and with/without blindfold.

- Knot tying;
- Nut & bolt manipulation;
- Operate power tools;
- Handling Small Tools (screwdrivers, wire cutters etc.);
- Work the knobs on your radio;
- Carry/toss/raise ground ladders;
- Take a part and reassemble your SCBA;
- Don your gear as fast as you can;
How well do you know your radio?
How well do you know your pump panel?

How detailed can you get?
What’s in your pocket?

- webbing?
- prying tool?
- chocks?
- knife?
- wire cutter?
- multi-screw driver?
- extra gloves?
- clamps?
- extra hood in helmet?
- bail out rope & crab?
Radio Drills

- Call a Mayday;
- Radio communication with background noise;
- Simulate adverse conditions;
- Review different types of radios in use.
- Review how to access VTAC
- Show how to determine battery age.
- Review 3 C’s of Communication
  - Connect: “Hey you, it’s me”
  - Convey: Command/instructions
  - Confirm: Received & repeat instructions
- Review how to speak into the mic;
- Discuss ways to wear radio;
- Have member read text via radio to another person who records what is heard. Note how accurately the reading is recorded. Was message clear? How does firefighter speak in to the mic?
Gloved Hands Drills

Channel Check
Air Pack Drills

NineTire Drill
Assemble Pieces Drill
Find your way using a hose line or rope
Tire Flip
Sledgehammer Slam
Air Squats
Tire Jump
Farmer’s Walk
How long you last on one bottle of air?
Disoriented and using up air
Pinned/Collapsed Wall Drills
How do you activate your radio?
Can you control your breathing?

Use plastic or fencing material to stimulate being pinned.
Pinned Drills

Try to Call a Mayday!
Create the sensation of being pinned
How do you call for help when your hands are pinned?
Escape/Rescue from Below Grade
Nance Drill
Do on Regular Rotation

- Don your SCBA in 60 seconds or less
- Discuss target hazards within your district
- Practice hydrant hook up
- Review the contents of each compartment on your company apparatus: What’s in it? How does it work? How do you service it?
Tool of the Month:
For each tool or piece of equipment be able to:

- Review any applicable SOGs;
- Identify all controls and components of the tool;
- Understand all operating principles;
- Identify any safety features or operational concerns;
- Understand the preventive, emergency and other maintenance procedures;
- Demonstrate the use of the tool and how to return to an in-service state;
- Demonstrate a thorough understanding of the proper care, use, maintenance and safety features.
Hand tools and Small Appliances
Name these forcible entry tools.
Where are they located on your apparatus?
What operations are they typically used on?
Can you repair, sharpen and clean them?
Training Guide

1. Where are these tools and accessories located on your rigs?
2. What types of materials can be cut with the various rotary blades and chainsaws on your apparatus?
3. Review oil, fuel and spark plug locations.
4. Discuss proper carrying techniques using straps or other devices.
5. What safety precautions are necessary when using these tools?
6. Officers should review the procedures for changing blades on rotary saws and the chains on chain saws.
7. Demonstrate the following skills:
   - Carrying of tools
   - Start-up and running procedures (Review cold/hot starting procedures)
   - Use of all safety devices
Review smoke ejector uses and proper setup of smoke ejectors

- Check intake/exhaust direction
- How many amps required for use
- How is power supplied to unit
- How is the distance to the opening measured

When is a smoke ejector used on the fireground (when is it not used?)
- What conditions should be present before use

What accessories does your department use with smoke ejectors
- How do they operate
- Where are they kept
Training Quotes

- One skill, one drill, one hour.
- Bumps to Pumps
- Don’t Train Until You Get it Right....Train Until You Can’t Get it Wrong
- Train as you will operate. Practice skills under adverse conditions.
- Let no firefighter's ghost ever return to say his training let him down.
- A good firefighter knows how, an educated firefighter knows why.
- Nobody likes to train, and nobody wants to work with a guy who is not trained.
- Training is the hub to every issue in the fire service
- Be proud! Be brave! Be strong! But most of all, BE PREPARED!!!
- The Goal of Education is Understanding; the Goal of Training is Performance
- Faith in God, trust in training.
- Being satisfied with minimal effort isn’t enough; in fact, a minimum is just one step above inadequate. (Battalion Chief Mike Walker, Oklahoma City Fire Dept.)

-We don’t rise to the occasion, we fall back on our training.
  Kurt Waganbach, VT State Trooper (ret.)