

CONNECTICUT FIRE ACADEMY FLASHOVER SURVIVAL TRAINING SAFETY GUIDELINES AND PRECAUTIONS

The following guidelines regarding training in the FLASHOVER SIMULATOR have been carefully thought out. They are for one reason only, to insure your safety and well being! Take the time and effort to follow them carefully.

1. Good hydration is imperative because of the heat, and body fluid loss that you experience while training. Drink plenty of fluids, starting the day before the exercise, and continue to replace your body losses throughout the day of training. Water and sports drinks will be available during the flashover training.
2. In addition to staying well hydrated, your health should be very good. If you are suffering from a cold, or other infection such as the flu, do not enter the simulator. These minor discomforts of every day life can be very dangerous when your body is put under the additional heat stress. It has been shown that a respiratory infection can lead to heart damage or worse if ignored.
3. Because it is difficult to talk and be understood while using a SCBA, talking should be kept to a minimum so that everyone will be able to hear. Should anyone need to leave the container during the exercise, it is imperative that one of the instructors is notified and that upon exiting a low position must be maintained. No standing erect will be allowed during live fire training. Discipline is imperative and essential to the training and to prevent injuries.
4. Students will be confined to the flashover container for approximately 20 to 30 minutes. During this time several flashovers will occur and the student will be subjected to intense radiant heat. All of your protective clothing must be in good condition. They should not be too tight – allow for additional layers beneath your normal equipment. Allow for a T-shirt and a long sleeve sweatshirt, and a pair of cotton long johns or sweat pants for your legs. Shorts alone will not be permitted.

Protective hoods are mandatory. No bare skin should be showing when you enter the flashover container. Cold weather hoods and ear flaps attached to helmets do not provide adequate protection. No one will be allowed in the container without full protective clothing. Everyone entering the flashover container will be inspected by the CFA Safety Officer.

5. Breathing apparatus shall be worn at all times during a burn. It is also important that the firefighter on the back up line be in full protective clothing, including SCBA with facepiece donned, regulator does not have to be connected to facepiece. Two reasons exist; one to insure a rapid entry if needed, and two, if needed, to protect the respiratory tract from exterior smoke.
6. During training, the nozzle and hose should always be kept clear. Be sure that no one is standing on or blocking free movement of the nozzle and hose line. All lines must be charged and purged of air before starting the exercise. A backup line is mandatory, as is a separate water source for that line.
7. After flashover training, it is important that you wash up before eating. Ingestion is a common route into the body for contaminants.
8. After completion of flashover training, you need to wash the under garments you have been wearing. This will help keep your skin absorption of any contaminants to a minimum.

Wash your protective clothing and all clothing. If you have areas of your protective clothing that have especially heavy build up of grime, pre-treat the area with liquid Spray & Wash, liquid Shout, liquid Tide or liquid dishwashing detergent, then wash using the laundry detergent supplied to the station. Do not use chlorine bleach on protective clothing.

Good luck in your flashover training and let's keep it safe!

The following must be completed prior to receiving Flashover Survival Training.

By my signature I acknowledge that I have read and will follow the above safety guidelines and precautions.

Participant's Signature: _____ Date: _____

Participant's Name: _____
(Please Print)

As the Chief of the _____ Fire Department, I hereby authorize the above applicant(s) to participate in the Flashover Simulator training and experience, and therefore understand that the above mentioned member(s) will be covered by my department's workers' compensation insurance while participating in such training, and the Commission on Fire Prevention and Control, its commissioners, officers, agents or employees shall not be liable for any injuries sustained during such training. The applicant(s) is considered by my department's standards to be physically and emotionally fit to perform firefighting evolutions without special consideration, and where applicable, to meet the CFR 1910.134 standard for the use of respirators.

I further understand that the Commission on Fire Prevention and Control, its commissioners, officers, agents or employees shall not be liable for any damage to the above mentioned members' protective clothing and equipment while participating in Flashover Survival training.

Chief's Signature: _____ Date: _____

Chief's Name: _____
(Please Print)