

## **MMR SCBA FAMILIARIZATION DRILL**

All facets of this training evolution shall be accomplished with the participant wearing full PPE, including protective hood and gloves and while “on air”, first with their vision clear and then with it obstructed. Participants shall be required to maintain total control of all components of their PPE (especially helmets) and keep their gloves ON for the entire duration of the drill. Instructors are strongly urged to provide corrective criticism if the participant removes their glove(s) and remove the participants helmets from their immediate “work space” if they fail to maintain control of it.

Participants shall be instructed to:

1. Perform a “pre-don” check of their SCBA, noting their air cylinder gauge reading.
2. Don their SCBA while in a standing position and go “on air”, being reminded to conserve their air as much as possible, even performing “skip-breathing”, if necessary.
  - a. Skip Breathing Technique:
    - i. Inhale fully
    - ii. Hold breath for normal exhalation time
    - iii. Take additional breath before exhaling
    - iv. Exhale slowly
    - v. Repeat cycle
    - vi. It is important to remain mentally and physically calm.
3. Assume a kneeling position. Practice breathing off of the emergency bypass valve, returning to main-line operation after one minute.
  - a. By-pass Valve Operation:
    - i. Participant indicates the correct location of the by-pass valve
    - ii. Opens by-pass valve. (Safety point: by-pass should be opened so that adequate breathing air is obtained without breaking face piece seal)
    - iii. Allows small amount of air to flow into the face piece
    - iv. Closes by-pass valve
    - v. Holds breath until more air is needed
    - vi. Verbally explains the necessity to move to an exit as quickly as possible
    - vii. While keeping one hand on the by-pass valve, turns off and on as needed for breathing.
4. Remove their SCBA (while kneeling) and place the SCBA in front of themselves as if to pass it through a narrow opening. Re-don SCBA while kneeling.
5. Assume a prone (face down) position as if they were to be passing through a narrow opening and remove SCBA from back, making sure to control the SCBA **AT ALL TIMES**.
  - i. Participant **must** maintain control of their SCBA **at all times**. In the event the participant does not, Instructors are encouraged to grasp the SCBA and attempt to pull it away from them as if to simulate it falling through an opening.
6. Re-don the SCBA while remaining in the prone position. After re-donning the SCBA, the participant shall, once again, practice breathing off of the emergency bypass valve, returning to main-line operation after one-minute which concludes the drill.