



WESTBURY FIRE DEPARTMENT

355 Maple Ave, Westbury NY 11590



F.A.S.T. TEAM - COMPETENCY SKILLS SHEET

Station 1 : Preparation / Staging/ Prior to an Activation

Name/Badge:

Co.

Evaluation Type:

Date:

ENROUTE TO A FAST TEAM REQUEST	YES	NO
Has the FF recognized only FAST Certified FF are eligible to respond to Ladder requests		
Has the Crew recognized - 5 Class "A" FF is FAST Minimum Manning and 6 is Maximum .		
Does FF understand - Officer aka: " FAST LEADER " /Irons/Can are " Inside Team "		
Does FF understand - Roof aka:" Outside Leader " / Divers and OV (if filled) are " Outside Team "		
Has the FF filled a riding positions that is best suited to their skill levels & Tagged Up		
Has the FF turned their position's portable to the requested depts operating channel		
Has any FF with past history of the responding location shared such info with the crew		
Has the FF monitored radio traffic so they can start sizing up/painting picture of scene		
Has the FF discussed tactics, confirming everyone on crew understands their assignment		
Has the Officer - swithed mobile radio to Host dispatch and monitored communications		
RIDING ASSIGNMENTS - EQUIPMENT EACH POSITION IS REQUIRED TO STAGE	YES	NO
Has OFFICER secured: Radio(s)/Handlight/TIC/ Seach Rope /Officers Tool		
Has CAN secured: Radio/Handlight/Can/Steel hook/ Halligan		
Has IRONS secured: Radio/Handlight/Halligan/Maul/Rabbit tool/ RIT Pack		
Has ROOF secured: Radio(s)/handlight/Saws/Life & Utility Rope/8' hook/ 2nd TIC if avail.		
Has OV secured: Radio/Handlight/6' hook/set of irons/ Extention Ladder		
Does Driver understand they fill the OV position if rolled as 5 person crew (needs GEAR)		
Has Driver secured (when NOT OV): Radio/Handlight/Pike Axe - assist above fill req.		
Does all FF recognize the 1 tool above a standard truck riding assignment (above in BOLD)		
STAGING - Ladder Truck should get as close as possible to the Scene	YES	NO
Has Officer asked for "Best Access" prior Arrival - possibly from a 960 Chief on Scene		
Has the OFFICER -pulled their equipment and reported to Command for a briefing		
Has the Officer - Sized up Ambulance(s) assuring IC has assigned 1 to FAST ops.		
Has the ROOF (<i>Outside Leader</i>) - pulled their equipment and did a 360 of the structure		
Has Irons Checked RIT Pack prior to putting it in Stokes - with an Extra SCBA Bottle		
Has the Crew Checked/Started the Saws prior to Putting them in Stokes Basket		
Has the Crew - brought equipment (via stokes) in view of the incident and staged		
Has the OV (<i>with assistance if needed</i>) secured an extention ladder for the FAST TEAM		
Has a Member of team been assigned to watch radio ID's - <i>monitoring who is transmitting</i>		
Has the Officer and Roof report back to the team and briefed them of their findings		
Did the Officer discuss Tactical Considerations for that specific incidents		
Did the Officer discuss the structures known hazards/construction issues... - if any		
Did Roof - Paint the picture of the structure layout for the crew - possible assess/egress		

MONITORING SCENE - WAITING FOR ANY DISTRESS CALL/MAYDAY	YES	NO
Has the Inside and Outside Teams stayed intact, monitoring actions being taken		
Has the Outside team - considered taking proactive tactics, fulfilling immediate threatening needs (window bars, ladders above floor when none...) ahead of doing as Mayday called		
Has Team LEADERS kept the teams engaged, discussing tactics so crew doesn't lose focus		
Has the FF shown competency of Actions of a FAST Team - Prior to an Activation		

Instructor Notes

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Station 2 : Packaging / Prepping FF for Removals

Name/Badge:

Co.

Evaluation Type:

Date:

Converting SCBA to a Harness - When FF doesn't have a Personal Harness	YES	NO
Has the FF lifted 1 of the down FF legs or bent at knee bring it closer to their waist		
Has the FF loosened the downed FF waist strap and unbuckled it		
Has the FF reconnected this waist strap after putting the straps under the lifted leg		
Has the FF tightened the waist straps - securing it to the down FF croch area		
Has the FF tightened shoulder straps and placed 1/2 hitch to end to prevent slipping		
Converting SCBA to a Harness - When FF HAS a Personal Harness - (Can do Station 6)	YES	NO
Has the FF's put down FF into seated position with 1 FF infront and 2nd behind		
Has FF infront found and lifted the Down FF's personal harness leg straps		
Has FF behind found and loosened the down FF SCBA waist straps		
Has FF infront unbuckled down FF SCBA waist strap and put under each lifted leg strap		
Has FF behind loosed the down FF SBICA shoulder stargs and pushed them forward and away from the the down FF and towards the FF infront		
Has the FF infront released the Hook from Down FF Personal Harness and clipped it through both shoulder straps that are being held out by the FF behind		
Has the FF behind put a piece of webbing under the down FF SCBA should staps		
Has the FF infront tightened down all downed FF SCBA Straps and 1/2 hitched ends		
Diamond Lashing a Stokes Basket	YES	NO
Has the FF's wrapped their side of the webbing around the feet of the Down FF and sent the webbing in the direction to which the webbing self tightens around the down FF feet		
Has the FF's zig zaged the webbing around the stokes supports in a manner that the webbing isn't able to be contacted by outside elements that could tear the webbing		
Has the FF's sent the webbing upwards on the Stokes and where it's not crossing over the down FF throat area in a way in may inpeed breathing once tightened		
Has the FF's created a clove hitch with the remaining portion of the webbing afixing the webbing to the top supports of the stokes		
Has the FF's pulled up on all the points the webbing crosses, working bottom upwards tighten the webbing to the downed FF, as it is worked upwards		
Has the FF's tightened the Clove Hitch using up the slack gained in the webbing being tightens at the crossed webbing points		
Once Clove hitch tight, did FF's make a safety knot		
Use of Webbing to make Slings/Hitches/Harnesses	YES	NO
Has FF demonstrated making a Shoulder Sling - same as turnout coat's Drag Rescue Divise		
Has FF demonstrated using webbing to make a Gurth Hitch - gurthing a leg or both legs		
Has the FF demonstrated making a Hasty Harness		

Ropes and Knots	YES	NO
Has the FF demonstrated a Water Knot in Webbing		
Has the FF demonstrated a Handcuff Knot		
Has the FF demonstrated a Butterfly Knot		
Has the FF demonstrated a Figure 8 on a Bite		
Has the FF demonstrated a Tensionless Knot		
Suppling Air to Down Firefighter via FAST PACK - (can be tested in <i>module 2 or 3</i>)	YES	NO
(MUST BE DONE IN THE FOLLOWING ORDER) - Note for testing : The down FF is out of air		
Did FF check the conditions of the downed FF's Face piece		
If Face piece bad - did FF make the FAST Pack the down FF's SCBA (<i>Ball side Fast Pack</i>)		
If Face piece was good - did FF check for a Universal Air Connection (UAC)		
If there was a UAC - Did FF connect to using High Pressure side (<i>T handle side of Fast Pack</i>)		
If there is NO UAC - did FF look for low pressure quick connect (QC)		
If there was a QC - did FF connect FAST pack low pressure side (<i>Ball Side of Fast Pack</i>)		
If there is NO QC - did FF use Fast pack to make such the Down FF SCBA (<i>Ball side of the Fast pack</i>) - connecting to Facepiece already on Down FF if possible		
Once the down FF has Air, did FF verbalize packaging for removal		
Has the FF dispalyed competency on the packaging and prepping a down FF for removal		

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WESTBURY FIRE DEPARTMENT

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F.A.S.T. TEAM - COMPETENCY SKILLS SHEET Station 3 Inside Team (IT) Operations

Name/Badge:

Co.

Evaluation Type:

Date:

Answering a Mayday	YES	NO
Has the FF monitored radio identifiers, identified the Mayday's radio designation		
Was the Mayday acknowledged by the IC or Removal Officer (RO), if not were they Alerted		
Did IC/RO gain as much Info as possible from Mayday (LUNAR) to assure rapidly found		
Was electronic Radio ID compared to the Verbal Mayday to assure not a 2nd Mayday		
Was the Mayday's Air level and their planned course of action conveyed to the FAST Team		
Has all the FF's assigned to Inside Team (IT), rapidly deployed to point the of entry		
Has the IT, secured their search rope to a substantial object outside prior to entry		
Has the IT searched rapidly, using gained Lunar info, PASS alarm, initiating a direct search		
Has the IT stayed intact and communicated progress to IC and Outside Team (OT)		
Approching a Down FF - "S.A.F.E."	YES	NO
Has the IT, done a " Situational size up ", preventing IT from any hazards Mayday occured		
Has the IT, " Stablized " any Hazards, includes moving downed FF to a " Safer Area "		
Has the IT, " Secured their Search Rope to a Substantial object" so OT can utilize if needed		
Has IT, turned off Mayday's " Activated Pass Alarm " for better communication		
Has IT, assesed Maydays " A B C's " (Air exchange/open Bypass /check Cylinder pressure)		
Has IT Reported to IC. " FAST NEEDS TO REPORT " -Conditions/Actions/Needs = CAN report		
Has IT quickly " Extricated " down FF to a safe loction where " EMS " can intervene		
Suppling Air to Down Firefigher via FAST PACK - (<i>can be tested in module 2 or 3</i>)	YES	NO
(MUST BE DONE IN THE FOLLOWING ORDER) - The down FF is out of air		
Did FF check the conditions of the downed FF's Face piece		
If Face piece bad - did FF make the FAST Pack the down FF's SCBA (<i>Ball side Fast Pack</i>)		
If Face piece was good - did FF check for a Universal Air Connection (UAC)		
If there was a UAC - Did FF connect to using High Pressure side (<i>T handle side of Fast Pack</i>)		
If there is NO UAC - did FF look for low pressure quick connect (QC)		
If there was a QC - did FF connect FAST pack low pressure side (<i>Ball Side of Fast Pack</i>)		
If there is NO QC - did FF use Fast pack to make it the Down FF SCBA perferable attaching to Down FF Facepiece (<i>Ball side of the Fast pack</i>)		
Once the down FF has Air, did FF verbalize packaging for removal		

Packaging down FF for Removal	YES	NO
Has the IT alerted the OT of progress and any needs for assisting in a rapid removal		
Has the IT considered utilizing the OT to assist in the removal		
Has the IT made a Harness from Maydays SCBA/Harness, as applicable		
Has the IT worked together as a team and not just 1 person hands on packaging		
Has the IT used webbing to assist in the down FF's move		
Has the IT properly connected the high point rope into the Maydays Harness Hook		
Has the IT helped assist the Mayday out the window once attached to the High Point Rope		
Has the FF displayed competency on a FAST Team's Inside Teams Operations		

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F.A.S.T. TEAM - COMPETENCY SKILLS SHEET Station 4 Outside Team (OT) Operations

Name/Badge:

Co.

Evaluation Type:

Date:

Communicating and Anticipating Inside Teams (IT) Needs	YES	NO
Has the OT team monitored firefighting activities, taking mental note of resources		
Has the OT taken any preventative measure to possibly prevent Maydays - window bars...		
Has OT Leader kept team intact, engaged by communicating possible tactics		
Upon Deployment: Has OT leader monitored IT actions so can anticipate possible needs		
Has an OT FF, Identified IT search rope tie off point, incase rapidly needed or tied the search rope off for the IT so they can deploy quicker		
Has the OT kept in communication with the IT - asking for progress if a while with none		
Has the OT supported IT as Needed, with any needed Resources		
Depolying 2:1 Mechanical Advantage - "Yellow Rope Bag"	YES	NO
Has the FF Recognized the Yellow Caribiner to be the Anchor side of the System		
Has the FF Recognized the Yellow Caribiner is attached to Rope by an 8 on a bite		
Has the FF Recognized the White Caribiner to be the Load side of the System		
Has the FF Recongized the Load Caribiner is attached to a pulley afixed to the rope after the Anchor Caribiner and before the Directional change pulley also at the 8 on bite		
Has the FF recognized our 2:1 systems are designed to be pulled in direction opposite or away from its Anchor Point		
Deploying 2:1 system , Did the FF secure the Anchor to a substantial object via clipping the Achor Caribiner to it or by creating a Tensionless Hitch around the object		
<i>In Deploying 2:1 system</i> , Did the FF secure the Load to the load wishing to pull		
Has the FF recognized the 2:1 system is dividing the Load weight in half		
Depolying 3:1 High Point System - "Red Rope Bag"	YES	NO
Has the FF Recognized the Yellow Caribiner to be the Anchor side of the System		
Has the FF Recognized the Yellow Caribiner is attached to a double pulley		
Has the FF Recognized the White Caribiner to be the Load side of the System		
Has the FF Recongized the Load Caribiner is attached to an 8 on a bite and moves opposite or away from the Anchor Caribiner		
<i>In Deploying Highpoint</i> , Did the FF leave the bag at the base of the ladder and carry only the Load caribiner up the ladder to at least 1 rung over the top of the window		
<i>In Deploying Highpoint</i> , Did the FF secure the Anchor to this rung above the window		
<i>In Deploying Highpoint</i> , Did the FF take the Load Caribiner, walk it down the ladder keeping it to the under side of the ladder and pass it to the IT who will afix to the Load		
<i>In Deploying Highpoint</i> , Did the FF then continue down ladder where they zig zagged the bag: 1 rung up from bottom to front side of ladder , up on rung to underside of ladder then up one rung to the front side of the ladder, creating tension points		
Did the IT communicate to OT when Load is ready to be lifted		
Is there a FF securing base of ladder		
Is there a FF pulling downward on the rope, under the ladder in a safe position to help get the load up and out the window		

Is the FF on the front side of the ladder, with the ropes working end, pulled tension on the rope as the FF pulls the rope downward		
<i>Once the load is free hanging out the window</i> , has the FF pulling downward left the rope and moved to a safe position to eventually assist guiding load as nears ground		
Has the FF on the front side of the ladder with the ropes working end, slowed released tension, allowing the load to slowly drop to the ground		
Once Load is to the ground was the load release from the Highpoint system safely		
Has the FF displayed competency on a FAST Team's Outside Teams Operations		

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Ver. 08/19



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F.A.S.T. TEAM - COMPETENCY SKILLS SHEET Station 5 Getting Downed FF Out a Widow

Name/Badge:

Co.

Evaluation Type:

Date:

1 Firefighter Lift Out a Window	YES	NO
Has the FF sounded the floor prior to climbing into window and putting weight on floor		
Has the FF approached the down FF S.A.F.E. (<i>as per station - 3 IT ops.</i>)		
Has FF Packages down FF SCBA/Personal harness in a Body harness		
Has FF dragged down FF to a window and gotten them into seated position with back against wall under the window		
Has the FF, from a squaded position, place their foot at the feet of the down FF so when they lift the down firefighter they wont slide back downwards		
Has the FF lifted the down FF from SCBA shoulder straps, standing up, with his/her foot keeping pressure against the downed FF feet, pushing towards window as FF is lifted		
Once in the standing position, Did the FF help guide the downed FF out the window being supported by FF's on the outside		
2 Firefighter Denver Drill	YES	NO
Has the FF's sounded the floor prior to climbing into window and putting weight on floor		
Has the FF's approached the down FF S.A.F.E. (<i>as per station - 3 IT ops.</i>)		
Has the FF's Packages down FF SCBA/Personal harness in a Body harness		
Has the FF's dragged down FF to a window and gotten them into seated position with back facing the wall and close to the window they are about to exit		
Has 1 FF position themselves behind the downed FF with their back against the wall, under the window they are about to exit		
Has the 2nd FF positioned themselves in front of the downed FF as if they were going to lift the out the window as in a 1 FF lift out the window above		
Did the FF's coordinated the lift out the window, where the FF in the front lifting from the shoulder straps and controlling the downed firefighter from sliding down by using their feet and 2nd FF lifting the Down FF by the base of their SCBA and using their Body as a ramp, both FF's Lifting and pushing the downed FF out the window		
Once in the standing position, Did the FF help guide the downed FF out the window being supported by FF's on the outside of the window		
Ladder Lifting Downed FF out window from Below Grade	YES	NO
Has the FF's chose an opening large enough to support a Ladder entering it and the down firefighter exiting after being placed on it, or created such so it's feasible		
Has the ladder been passed in the window and placed on the ground along side the down FF and a tool placed under the ladder so it's easy to lift from ground once loaded		
Has the FF's placed the downed FF on the ladder face down and secured them to the ladder with arm tight to body - using webbing or SCBA Waist Strap if feasible		
If the opening isn't high enough to allow down FF exiting with SCBA still of their back, was their SCBA removed and afixed to ladder above downed FF using the SCBA's Straps		
Has FF's lifted the tip of the ladder to window sill		
Has FF's lifted the ladder on the sides, supporting downed FF and helping guide the ladder out the window, while walking ladder towards window and out it		

Has the FF displayed competency on removing a Downed FF out a Window		
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Instructor Notes

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Ver. 08/19



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F.A.S.T. TEAM - COMPETENCY SKILLS SHEET

Station 6 Getting Downed FF Out a Hole in the Floor

Name/Badge:

Co.

Evaluation Type:

Date:

Using Charged Hose Line - Immediate use only with capable FF in hole	YES	NO
Has the FF's recognized the area around hole may also be weak and taken measure to secure before operating around such		
<i>If operating from a charged Handline and fallen FF is capable , was a loop of hose sent down the hole (no coupling in such loop) to the fallen FF</i>		
Did the Fallen FF Sit inside the loop and hug both ends of the hose, securing close to body		
Once secure, did the FF's topside, lift either side of hose pulling fallen FF from hole		
Using Rescue Rope - 4 Point lift - 4 FF's top side	YES	NO
Has the FF's recognized the area around hole may also be weak and taken measure to secure before operating around such		
Has the FF's split the rope in half, creating 2 Large Loops of Rope		
Has the FF's dropped the loops down the hole to the Downed FF below		
Has the FF's with the Downed FF, secured the 2 Loops to the down FF's Harness' Hook after it was made into a personal harness with their SCBA (Ref: Station 2)		
<i>If Downed FF has No Personal Harness, Has the FF's with the Downed FF created a Hasty harness with their webbing and attached the 2 Loops using their Caribener (Ref: St2)</i>		
<i>Once down FF Attached</i> - has FF's topside each lifted from each of the 4 sections of rope		
Once the downed FF is out the hole, did the FF's moved to one side of hole and out		
Using Rescue Rope - 4 Point lift - 3 FF's top side	YES	NO
<i>Same as Above to the point where FF is attached to the the 2 Loops</i>		
<i>As down FF is being packaged below , Did the FF's topside afix 1 section, of the 4 sections of rope, to a substatial object via tensionless hitch</i>		
<i>Once down FF Attached</i> - has FF's topside each lifted from each of the 3 sections of rope		
<i>Once the downed FF is out the hole , did the FF's move to one side of hole and lift out</i>		
Using Rescue Rope - 4 Point lift - 2 FF's top side	YES	NO
<i>Same as Above to the point where FF is attached to the the 2 Loops</i>		
<i>As down FF is being packaged below , Did the FF's topside afix 2 section, of the 4 sections of rope, to a substatial object via tensionless hitch</i>		
<i>Once down FF Attached</i> - has FF's topside each lifted from each of the 2 sections of rope		
<i>Once the downed FF is out the hole , did the FF's move to one side of hole and lift out</i>		
Has the FF dispalyed competency on removing a Downed FF out a Hole in floor		

Instructor Notes

Instructor/Badge: _____

Instructors Signature: _____