



# Fire Protection Training

Procedures Handbook 4300

HOSE

**TOPIC:** How To Uncouple a Tight Coupling, Knee-Press Method - One Person

**TIME FRAME:** 15 Minutes

**LEVEL OF INSTRUCTION:**

**BEHAVIORAL OBJECTIVE:**

*Condition:* Two lengths of hose with male and female couplings tightly preconnected

*Behavior:* The student will uncouple a tight coupling using the one person knee press method under simulated fire conditions.

*Standard:* With a minimum of 100% accuracy within 30 seconds

**MATERIALS NEEDED:**

- Performance examination
- Two sections of tightly preconnected hose per student
- Stop watch
- Red pens
- Tally sheet

**REFERENCES:**

- IFSTA, Essentials of Fire Fighting, 2nd Edition, Chapter 10

**PREPARATION:**

It is not uncommon to come upon a set of couplings which appear too tight to uncouple by hand. Before expending valuable time obtaining spanner wrenches, try the one person knee press method to uncouple the fitting



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HOW TO UNCOUPLE A TIGHT  
COUPLING, KNEE-PRESS  
METHOD-ONE PERSON

## OPERATIONS

## KEY POINTS

- | OPERATIONS            | KEY POINTS   |
|-----------------------|--|
| 1. Grasp hose         | 1a. Behind female coupling<br>b. Either hand   |
| 2. Stand coupling     | 2a. Vertically<br>b. On ground<br>c. Male end down   |
| 3. Bend hose          | 3a. Close to male and female couplings   |
| 4. Place knee         | 4a. Either knee<br>b. On shank of female coupling  |
| 5. Apply pressure     | 5a. Downward<br>b. Keep thigh vertical with the coupling and apply body weight to connection<br>c. Compress gasket |
| 6. Uncouple coupling  | 6a. Counter clockwise<br>b. Snapping quickly   |
| 7. Lay couplings down | 7a. On ground<br>b. Without damage   |



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## OPERATIONS

## KEY POINTS

**APPLICATION:**

The student will practice until proficient.

**EVALUATION:**

A performance examination.

**ASSIGNMENT:**

To be determined by instructor(s).

# Performance Examination

HOW TO UNCOUPLE A TIGHT  
COUPLING, KNEE-PRESS  
METHOD-ONE PERSON

## POINTS

### TIME START

- |    |  |           |
|----|--|-----------|
| 1. | Grasp hose behind female coupling with either hand                                   | <u>10</u> |
| 2. | Stand coupling vertically with male end down on ground                               | <u>15</u> |
| 3. | Bend hose over close to the male and female couplings                                | <u>15</u> |
| 4. | Place one knee on top of shank of female coupling                                    | <u>15</u> |
| 5. | Apply pressure downward maintaining a vertical plane with the thigh and the coupling | <u>15</u> |
| 6. | Uncouple coupling by snapping quickly in a counter clockwise direction               | <u>15</u> |
| 7. | Lay couplings down on ground without damage  | <u>15</u> |

### TIME STOP

**ENTER TOTAL TIME:** \_\_\_\_\_:

**POINTS POSSIBLE:** 100

**POINTS DEDUCTED:**

**FINAL SCORE:**

**EVALUATOR'S SIGNATURE:**

**DATE:**

### COMMENTS:

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