



Fire Protection Training

Procedures Handbook 4300

HOSE

TOPIC: How To Uncouple A Tight Coupling, Stiff-Arm Method - Two 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 two person stiff-arm method under simulated fire conditions.

Standard: With a minimum 70% accuracy within 30 seconds

MATERIALS NEEDED:

- Stop watch
- One section of tightly preconnected hose per student
- Performance examination
- Tally sheet

REFERENCES:

- IFSTA, Essentials of Firefighting, 2nd Edition, Chapter 10

PREPARATION:

It is not uncommon to encounter a situation where a tight coupling can not be uncoupled by one person. In these situations two options are available. Spend valuable time obtaining spanner wrenches or seek assistance from a second firefighter. If the second firefighter is available the two person stiff-arm method may be of value to you.



Fire Protection Training

Procedures Handbook 4300

HOW TO UNCOUPLE A TIGHT
COUPLING, STIFF-ARM
METHOD-TWO PERSON

OPERATIONS

KEY POINTS

- | OPERATIONS | KEY POINTS |
|----------------------------------|--|
| 1. Take position | 1a. Near hose
b. Facing each other |
| 2. Position feet | 2a. Shoulder width apart
b. Well balanced
c. Not straddling hose |
| 3. Grasp coupling (both persons) | 3a. Both persons
b. Two handed grip
c. Arms stiff and straight
d. Elbows slightly out |
| 4. Push inward | 4a. Both persons
b. Compressing gasket |
| 5. Lean away | 5a. Clockwise direction
b. Leveraging weight of bodies |
| 6. Swing body | 6a. In direction of turn (counter clockwise)
b. Using weight of body to snap coupling loose quickly
c. Maintaining compression |
| 7. Position fittings | 7a. Gently
b. On the ground |



Fire Protection Training

Procedures Handbook 4300

HOW TO UNCOUPLE A TIGHT
COUPLING, STIFF-ARM
METHOD-TWO PERSON

APPLICATION:

The student will practice until proficient.

EVALUATION:

A performance examination.

ASSIGNMENT:

To be determined by instructor(s).

POINTS

TIME START

1. Students take position facing one another near preconnected hose. 15
2. Position feet shoulder width apart to maintain balance. 15
3. Students grasp their respective coupling with both hands, keeping their arms stiff, straight and the elbows bent slightly outward. (Coupling should now be positioned between the students.) 15
4. Students push toward one another to compress the gasket. 15
5. Students lean clockwise slightly to maximize body weight leverage to assist uncoupling. 15
6. Students shift body weight quickly in counter clockwise direction while maintaining compression to snap couplings loose. 15
7. Students lay their respective couplings gently on ground to avoid damaging couplings. 10

TIME STOP

ENTER TOTAL TIME: :

POINTS POSSIBLE: 100

POINTS DEDUCTED:

FINAL SCORE:

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:
