



Fire Protection Training

Procedures Handbook 4300

LADDERS

TOPIC: How to Pick Up and Carry a Ladder, Low Shoulder Method, Two Person

TIME FRAME: 1 Hour

LEVEL OF INSTRUCTION:

BEHAVIORAL OBJECTIVE:

Condition: Protective clothing, one single ladder at least 16' in length or a 24' to 35' extension ladder laying flat on a level surface

Behavior: The students will pick up and carry a ladder using the two person low shoulder method for a minimum of 50 feet around two obstacles under simulated fire conditions.

Standard: With a minimum of 70% accuracy

MATERIALS NEEDED:

- 24' to 35' extension ladder or single ladder at least 16' in length
- Full protective clothing
- Smooth level surface

REFERENCES:

- IFSTA, Essentials of Fire Fighting, 2nd Edition, Chapter 5

PREPARATION: One of the most basic skills a firefighter must possess is the ability to safely lift and carry 16 - 35 foot ladders. These ladders are long, heavy, and awkward. They present safety hazards to the firefighters moving them and to all other firefighters working on the firegrounds. Only by using proper lifting and moving techniques can the number of injuries attributable to ladder evolutions be reduced.



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HOW TO PICK UP AND CARRY A LADDER,
LOW SHOULDER METHOD, TWO PERSON

OPERATIONS

KEY POINTS

- | OPERATIONS | KEY POINTS |
|------------------------------|---|
| 1. Ladder position | 1a. Flat on ground
b. Fly up |
| 2. Position two firefighters | 2a. One at 2nd or 3rd rung from butt
b. One at 2nd or 3rd rung from tip
c. Same side of ladder
d. Facing tip
e. Kneeling
f. Outside foot forward |
| 3. Grasp ladder | 3a. Both students
b. Nearest beam
c. With hand nearest ladder |
| 4. Rotate ladder | 4a. On command from student at butt
b. Keeping back straight
c. Up onto beam away from students |
| 5. Reposition fire fighters | 5a. Leaving hand on top of beam
b. Next to ladder
c. Same side
d. Between 2nd and 3rd rungs from each end
e. Facing tip
f. Kneeling
g. Outside foot forward |
| 6. Lift ladder | 6a. On command from student at butt
b. Both students stand simultaneously
c. Keeping back straight and using legs to lift
d. Pivot 1800 to face butt
e. Turning inward towards ladder |



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OPERATIONS

KEY POINTS

7. Support ladder

- 7a. With free hand
- b. Through rungs
- c. Over halyard
- d. Grasping lower beam
- e. Palm up
- f. Thumb forward Top beam resting on shoulder

8. Carry ladder

- 8a. Announce "Ladder coming through", "Ladder coming around" as needed
- b. Walk forward
- c. Around obstacles

9. Stop ladder advance

9a. On command from student at butt

10. Grasp ladder

- 10a. On command from student at butt
- b. Top beam
- c. With free hand
- d. Finger wrapped around outside edge of top beam

11. Support ladder

- 11a. On command from student at butt
- b. Release grip on lower beam
- c. Pivot 180 to face tip
- d. Turning inwards toward ladder
- e. Withdraw hand from lower beam

12. Lower ladder

- 12a. On command from student at butt
- b. Lower bottom beam to ground
- c. Keeping back straight
- d. Bending at knees



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OPERATIONS

KEY POINTS

13. Bed ladder on ground

- 13a. On command from student at butt
 - b. Both students step away from ladder
 - c. Rotate top beam to the ground
 - d. Slowly bending knees, keeping back straight
 - e. Without dropping ladder



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LOW SHOULDER METHOD, TWO PERSON

APPLICATION:

Have students practice until proficient.

EVALUATION:

A performance examination.

ASSIGNMENT:

To be determined by instructor(s).

	<u>POINTS</u>
1. Students position themselves, kneeling by the ladder, facing the tip, on the same side of the ladder, one student at 2nd or 3rd rung from butt, and the other at 2nd or 3rd rung from the tip.	<u>5</u>
2. Students grasp ladder by the beam nearest them with the hand closest to the ladder, between the 2nd and 3rd rungs from each end of the ladder.	<u>5</u>
3. On the command of the student at the butt of the ladder, both students rotate the ladder onto the beam farthest from the firefighters while keeping their backs straight.	<u>15</u>
4. Students reposition themselves next to the ladder, facing the tip between 2nd and 3rd rungs, without removing their hands from the top beam.	<u>5</u>
5. On command from the student at the butt, both students lift the ladder, keeping backs straight, pivoting 180o toward the ladder.	<u>15</u>
6. Students grasp the bottom beam with their free hand by reaching through the rungs and over the halyard, palms on the bottom beam with thumbs forward, top beam of ladder resting on shoulder.	<u>15</u>
7. On command from the student at the butt of the ladder, both students advance the ladder, announcing "Ladder coming through", and "Ladder coming around" as needed.	<u>15</u>
8. On command from the student at the butt of the ladder, students halt.	<u>5</u>
9. Students grasp the top beam of the ladder with their free hand.	<u>5</u>
10. On command from the student at the butt of the ladder, students pivot 180o towards the ladder, to face the tip of the ladder, releasing the hand on the lower beam and pulling it free while lowering the ladder to the ground with the hand grasping the top beam.	<u>10</u>

Performance Examination

HOW TO PICK UP AND CARRY A
LADDER, LOW SHOULDER
METHOD, TWO PERSON

- | | <u>POINTS</u> |
|--|----------------------|
| 11. Students will lower the bottom beam to the ground, keeping their backs straight and their knees bent. | <u>10</u> |
| 12. On command from the student at the butt of the ladder, students will step away from the ladder, keeping their hands on the top beam, then rotate the top beam toward the ground until the ladder is flat on the ground with the fly up. Students will keep backs straight. | <u>5</u> |

POINTS POSSIBLE: 100

POINTS DEDUCTED:

FINAL SCORE:

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:
