

Firefighter Down: CPR 10 Step Process



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Objectives

- Initiate immediate CPR on a firefighter in full Turnout Gear with an SCBA that suffered a sudden cardiac arrest
- Remove firefighter from the Turnout Gear and SCBA without interrupting compressions



Step 1

Rescuer 1

Position Firefighter's SCBA between legs



- Step 1:
 - Rescuer 1: Drag the downed firefighter to a safe location to initiate care.
 - Rescuer 1 should drag the firefighter from behind, drop to the ground and position the SCBA bottle between Rescuer 1 legs.
 - Rescuer 1 legs will serve to stabilize the SCBA so that it can be used as CPR platform.

Step 2

Rescuer 2

Pop open chest clip and begin high quality compressions



- Step 2:
 - Rescuer 2: Should pop open the chest clip of the SCBA if applicable and initiated high quality compressions thru the Turnout Gear Jacket.
 - Rescuer 2 should be a firefighter a “fresh” firefighter, (i.e. the engineer or a member of RIT that has not yet performed strenuous firefighting activity).
 - The quality of compressions are paramount, and under this circumstance, fatigue and a decline in compression quality will be rapid.

Step 3

Rescuer 1

Open SCBA bypass valve



- Step 3:
 - Rescuer 1: If the SCBA mask is still in place, open the SCBA bypass valve. This step can also be performed by Rescuer 2 quickly.
 - The purpose of this is two-fold:
 - to allow for passive ventilation with compressions, and
 - allow for rescuers to identify an etiology of cardiac arrest. We can identify if the down firefighter ran out of air and address aggressive oxygenation. The SCBA air level gages should be inspected following removal of the down firefighter.

Step 4-8

- Step 4 – 8 should be performed in a coordinated method but simultaneously to the best of the ability of the rescuers
- **Do not interfere with compressions**
- **Do not interrupt compressions**
- Depending on the style of gear your department carries, modifications may need to be made
- You are a firefighters - get the job done!



Step 4

Rescuer 1

Remove helmet, mask, and hood



Step 5

Rescuer 3

Start unbuckling the TOG jacket
from the bottom up



“TOG” is “Turnout Gear”

Step 6

Rescuer 1

Loosen shoulder straps and position
arms above the head



Step 7

Rescuer 1 and Rescuer 3

Work zipper open, do NOT
interfere with chest compressions



Step 8

Rescuer 1

Hold the jacket and SCBA straps,
prepare for “PULL DOWN”



- Step 8:
 - Rescuer 1: (This is a make or break step.) Rescuer 1 needs to grasp the turnout gear jacket and the SCBA shoulder straps of the down firefighter firmly. Prepare for the “pull down.” Rescuer 1, who is at the head of the down firefighter, will give the final command to perform the “pull down.”

Step 9

Rescuer 3 and Rescuer 4

Perform “PULL DOWN” by grabbing one leg each and pulling the victim out of their gear



- Step 9:
 - Rescuer 3 and Rescuer 4: Each Rescuer needs to firmly grab one of the down firefighter legs and coordinate the “pull down” method with Rescuer 1 at the head. Rescuer 1 will give the command to perform “pull down.” Rescuer 3 and Rescuer 4 will pull the down firefighter toward his/her feet and out of the turnout gear jacket and SCBA.

Step 10

All Rescuers

Initiate comprehensive
Resuscitation Bundle!



- Step 10:
 - All rescuers: Initiate a comprehensive resuscitation bundle!
 - The first step is to continue high quality compressions with a “fresh” person.
 - Pulse checks may be considered at this time.