

## Defenses for Firefighters <sup>(v7)</sup>

Goal: *STRIKE THE BALANCE* between firefighter safety and operational effectiveness.

Mindset: Continually assess risks and defend against them.

Be self-aware, don't get 100% task oriented.

Be self-disciplined, follow SOPs and the IAP.

Know & respect your capabilities.



### Defenses

- Drive to arrive alive. Seat belt. 100%.
- Be visible to drivers when on foot. Be aware of traffic.
- Don't enter a structure fire without a radio. Perform radio check prior to entry.
- Use your equipment. Know your equipment. "Walk the walk."
- Enter as a team, stay together, exit as a team. Do not operate alone.
- Give command critical info. "Command from team 3 conditions are getting worse."
- Buildings FAIL, expect collapse. Partial vs. complete. Identify basement.
- Understand the building's construction and how the fire is affecting it.
- Speak up if something doesn't seem right.
- Say your name when calling MAYDAY, repeat until command confirms.
- Attend training. You don't rise to your expectations, you fall to your level of training.
- Keep. Your. Gear. Clean.
- Get fit. Stay fit.

Safety is the ability to have a bad day and walk away from it.