

## Job Sheet Booklet

|                                       |         |       |
|---------------------------------------|---------|-------|
| \Rescue Swimmers Equipment (LT 4.2)   | = _____ | _____ |
| PT Level 1 (LT 2.1)                   | = _____ | _____ |
| Approaches and Carries (LT 3.1)       | = _____ | _____ |
| Releases and Escapes (LT 3.2)         | = _____ | _____ |
| PT Level 2 (LT 2.1)                   | = _____ | _____ |
| Disentanglement Free-Floater (LT 3.6) | = _____ | _____ |
| PT Level 3 (LT 2.1)                   | = _____ | _____ |
| Disentanglement Torso (LT 3.8)        | = _____ | _____ |
| Final Multi Scenario "A" (LT 4.9)     | = _____ | _____ |
| Final Multi Scenario "B" (LT 4.9)     | = _____ | _____ |
| Final Multi Scenario "C" (LT 4.9)     | = _____ | _____ |
| Practical First Aid/Moulage (LT 5.0)  | = _____ | _____ |
| Week 1 Quiz                           | = _____ | _____ |
| Week 2 Quiz                           | = _____ | _____ |
| Week 3 Quiz                           | = _____ | _____ |
| Final Exam                            | = _____ | _____ |
| 400M Buddy Tow                        | = _____ | _____ |
| 800M Swim                             | = _____ | _____ |
| 2000M Bay Swim                        | = _____ | _____ |
| 500M Swim/400M Buddy Tow              | = _____ | _____ |
| 500M Swim/400M Buddy Tow              | = _____ | _____ |
| 500M Swim/400M Buddy Tow              | = _____ | _____ |

SAR Fit-test:

|                |         |       |
|----------------|---------|-------|
| Pull-ups       | = _____ | _____ |
| Dumbbell Carry | = _____ | _____ |
| Litter Walk    | = _____ | _____ |
| Swim           | = _____ | _____ |



Trainee Name/Rate: \_\_\_\_\_  
 Class Number: \_\_\_\_\_ SSN: \_\_\_\_\_ Branch: \_\_\_\_\_

*“So Others May Live”*

**JOB SHEET 4.2**  
**RESCUE SWIMMERS EQUIPMENT**

TRAINEE NAME/RATE: \_\_\_\_\_ SSN: \_\_\_\_\_  
INSTRUCTOR/EVALUATOR: \_\_\_\_\_ DATE: \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q, CQ, UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0

Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

|  |   | INITIAL | RE-TEST    |
|--|---|---------|------------|
| Demonstrate procedures for donning mask fins and snorkel | Q | CQ      | UQ = _____ |

|  |   |    |            |
|--|---|----|------------|
| *Demonstrate one of the following procedures for clearing the mask | Q | CQ | UQ = _____ |
|--|---|----|------------|

**Method A**

Press the top of the mask against the forehead with and exhale slowly through nose.

**Method B**

Place hands on side of mask, lift bottom of mask slightly away from face and exhale slowly through nose.

|   |   |    |            |
|---|---|----|------------|
| *Demonstrate one of the following procedures for clearing snorkel | Q | CQ | UQ = _____ |
| Exhalation method   |   |    |            |
| Expansion method  |   |    |            |

|   |   |    |            |
|---|---|----|------------|
| *Perform crawl stroke while wearing mask, fins, and snorkel | Q | CQ | UQ = _____ |
|---|---|----|------------|

|   |   |    |            |
|---|---|----|------------|
| *Perform sidestroke while wearing mask, fins, and snorkel | Q | CQ | UQ = _____ |
|---|---|----|------------|

4.0 X number of Q = \_\_\_\_\_

2.0 X number of CQ = \_\_\_\_\_

4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

**JOB SHEET 5.0**  
**PRACTICLE FIRST AID/MOULAGE (SECONDARY SURVEY)**  
**CONTINUED**

INITIAL RE-TEST

CRITICAL CRITERIA (\*) Q CQ UQ = \_\_\_\_\_

- \_\_\_\_\_ Did not verbalize scene safety prior to entering scene
- \_\_\_\_\_ Did not take or verbalize gloves on
- \_\_\_\_\_ Improperly performed CPR procedures
- \_\_\_\_\_ Did not complete all initial assessment and procedures
- \_\_\_\_\_ Did not identify and/or treat all injuries
- \_\_\_\_\_ Caused further harm to survivor
- \_\_\_\_\_ Did not complete the evolution within **20 minutes**

4.0 X number of Q = \_\_\_\_\_

**TIME:** \_\_\_\_\_

2.0 X number of CQ = \_\_\_\_\_

4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

Primary Survey Job Sheet Score = \_\_\_\_\_

Secondary Survey Job Sheet Score = \_\_\_\_\_

PRI. + SEC. = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

**JOB SHEET 5.0**  
**PRACTICLE FIRST AID/MOULAGE (SECONDARY SURVEY)**

TRAINEENAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

SECONDARY SURVEY

**VERBIALIZE WHILE PERFORMING THE FOLLOWING:**

|                                  |   |    | INITIAL | RE-TEST |
|----------------------------------|---|----|---------|---------|
| Assess the Head                  | Q | CQ | UQ =    | _____   |
| Inspect and palpate scalp        |   |    |         |         |
| Inspect ears                     |   |    |         |         |
| Inspect eyes                     |   |    |         |         |
| Inspect nose                     |   |    |         |         |
| Inspect mouth                    |   |    |         |         |
| Palpate facial area              |   |    |         |         |
| Assess the neck                  | Q | CQ | UQ =    | _____   |
| Inspect for bleeding             |   |    |         |         |
| Inspect for deviated trachea     |   |    |         |         |
| Assess the chest                 | Q | CQ | UQ =    | _____   |
| Inspect and palpate shoulders    |   |    |         |         |
| Inspect and palpate chest        |   |    |         |         |
| Assess the abdomen               | Q | CQ | UQ =    | _____   |
| Inspect for injuries             |   |    |         |         |
| Palpate if no injuries present   |   |    |         |         |
| Assess the pelvis                | Q | CQ | UQ =    | _____   |
| Inspect and Palpa                |   |    |         |         |
| Assess the arms                  | Q | CQ | UQ =    | _____   |
| Inspect and palpate              |   |    |         |         |
| Check pulses and sensory motor   |   |    |         |         |
| Splint as necessary              |   |    |         |         |
| Assess the Legs                  | Q | CQ | UQ =    | _____   |
| Inspect and palpate              |   |    |         |         |
| Check pulses and sensory motor   |   |    |         |         |
| Splint as necessary              |   |    |         |         |
| Assess Posterior                 | Q | CQ | UQ =    | _____   |
| Management of secondary injuries | Q | CQ | UQ =    | _____   |
| HAC report                       | Q | CQ | UQ =    | _____   |
| Verbalize reassessment of ABC's  | Q | CQ | UQ =    | _____   |

**JOB SHEET LT 2.1**  
**PRINCIPLES OF PHYSICAL FITNESS AND DRY LAND**  
**CONDITIONING**

TRAINEE NAME/RATE: \_\_\_\_\_ SSN: \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR: \_\_\_\_\_ DATE: \_\_\_\_\_

Evaluation procedure: Instructors are to ensure that all students are doing all exercises in accordance with lesson topic 2-1. If a student is performing an exercise incorrectly the instructor shall immediately correct their form and instruct the student counting to not add the improperly performed exercise to the overall number for that particular exercise.

Exercises will consist of the following;

|                        | Level             | # completed |
|------------------------|-------------------|-------------|
| Pull-ups               | 3                 | ____/____   |
| Lunges                 | 15                | ____/____   |
| Regular width push-ups | 25                | ____/____   |
| Bent knee sit-ups      | 20                | ____/____   |
| Wide arm push-ups      | 25                | ____/____   |
| Crunches               | 25                | ____/____   |
| Flutterkicks           | 25                | ____/____   |
| Tricep push-ups        | 15                | ____/____   |
| 2 Mile Run             | 18:00-20:00 mins. | ____/____   |

**Any student who does not achieve the appropriate number for the level PT test they are taking will receive a grade of fail. Any student who fails will be retested on the next physical training day.**

**JOB SHEET 3.1  
APPROACHES AND CARRIES**

TRAINEE NAME/RATE: \_\_\_\_\_ SSN: \_\_\_\_\_  
INSTRUCTOR/EVALUATOR: \_\_\_\_\_ DATE: \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q,CQ,UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

**FRONT SURFACE APPROACH**

|  | INITIAL | RE-TEST    |
|--|---------|------------|
| Approach survivor<br>Utilizing modified crawl or breast stroke<br>Head out of the water eyes on the survivor   | Q CQ    | UQ = _____ |
| Execute quick reverse<br><br>Arms length away from survivor<br>Attempt to establish communication  | Q CQ    | UQ = _____ |
| *Hand placement<br>Right hand grasping right wrist or left hand on left wrist<br>Begin flutterkicking and plane survivor out<br>Pull and twist survivor's wrist and successfully turn survivor | Q CQ    | UQ = _____ |
| *Attain and maintain a cross-chest carry   | Q CQ    | UQ = _____ |

**REAR SURFACE APPROACH**

|  |      |            |
|--|------|------------|
| Approach survivor<br>Utilizing modified crawl or breast stroke<br>Head out of the water eyes on the survivor                         | Q CQ | UQ = _____ |
| Execute quick reverse<br>6 to 8 feet distance separating survivor and swimmer  | Q CQ | UQ = _____ |
| Attempt to establish communication<br>Instruct survivor to turn around with back facing swimmer                                      | Q CQ | UQ = _____ |
| *Grasp center of survivors back<br>Begin flutterkicking and plane survivor out<br>Place and maintain cross-chest carry with free arm | Q CQ | UQ = _____ |

**JOB SHEET 5.0  
PRACTICE FIRST AID/MOULAGE (PRIMARY SURVEY)  
CONTINUED**

|  | INITIAL | RE-TEST    |
|--|---------|------------|
| Check breathing<br>Skin to skin<br>Equal rise and fall – front and back                      | Q CQ    | UQ = _____ |
| Check circulation<br>Check pulse quality<br>Check capillary refill<br>Check skin temperature | Q CQ    | UQ = _____ |
| Perform blood sweep  | Q CQ    | UQ = _____ |
| Reassess ABC's (overland SAR)<br>Perform CPR as required                                     | Q CQ    | UQ = _____ |

4.0 X number of Q = \_\_\_\_\_  
2.0 X number of CQ = \_\_\_\_\_  
4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

INSTRUCTORS MAY USE THE REMAINING PORTION OF THIS PAGE TO MAKE ANY NOTE  
CONCERNING STUDENTS PERFORMANCE

**JOB SHEET 5.0**  
**PRACTICLE FIRST AID/MOULAGE (PRIMARY SURVEY)**

TRAINEENAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q,CQ,UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
 Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

|                                 |   |    |            | INITIAL | RE-TEST |
|---------------------------------|---|----|------------|---------|---------|
| * Scene Safety                  | Q | CQ | UQ = _____ |         |         |
| * Takes or verbalizes gloves on | Q | CQ | UQ = _____ |         |         |
| Determine responsiveness        | Q | CQ | UQ = _____ |         |         |
| <b>INITIAL ASSESSMENT</b>       | Q | CQ | UQ = _____ |         |         |
| Check airway                    |   |    |            |         |         |
| Proper open airway              |   |    |            |         |         |
| Check breathing                 |   |    |            |         |         |
| No breathing give two breaths   |   |    |            |         |         |
| Check circulation               |   |    |            |         |         |
| Check for severe bleeding       |   |    |            |         |         |
| *No pulse-begin CPR procedures  |   |    |            |         |         |

**PRIMARY SURVEY**

|                                      |   |    |            |  |  |
|--------------------------------------|---|----|------------|--|--|
| Cervical collar                      | Q | CQ | UQ = _____ |  |  |
| Maintain in-line stabilization       |   |    |            |  |  |
| Sweep back of neck                   |   |    |            |  |  |
| Correct size and placement           |   |    |            |  |  |
| Life threatening injuries            | Q | CQ | UQ = _____ |  |  |
| Order of Severity                    |   |    |            |  |  |
| Proper dressing(s) applied correctly |   |    |            |  |  |

**JOB SHEET LT 3.1**  
**APPROACHES AND CARRIES CONTINUED**

**UNDERWATER APPROACH**

|   |   |    |            | INITIAL | RE-TEST |
|---|---|----|------------|---------|---------|
| Approach survivor                                       | Q | CQ | UQ = _____ |         |         |
| Utilizing modified crawl or breast stroke               |   |    |            |         |         |
| Head out of the water eyes on the survivor              |   |    |            |         |         |
| Attempt communications                                  |   |    |            |         |         |
| Try to calm survivor                                    |   |    |            |         |         |
| Surface dive  | Q | CQ | UQ = _____ |         |         |
| Keep eyes on survivor                                   |   |    |            |         |         |
| No premature contact with survivor                      |   |    |            |         |         |
| *Surface behind survivor                                | Q | CQ | UQ = _____ |         |         |
| Close enough to immediately achieve a cross-chest carry |   |    |            |         |         |
| *Place survivor in a controlled cross-chest carry       | Q | CQ | UQ = _____ |         |         |
| Plane survivor out                                      |   |    |            |         |         |
| Maintain control of survivor                            |   |    |            |         |         |

4.0 X number of Q = \_\_\_\_\_

2.0 X number of CQ = \_\_\_\_\_

4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

**JOB SHEET 3.2  
RELEASES AND ESCAPES**

TRAINEE NAME/RATE: \_\_\_\_\_ SSN: \_\_\_\_\_  
INSTRUCTOR/EVALUATOR: \_\_\_\_\_ DATE: \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q, CQ, UQ**.

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A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

**FRONT HEAD HOLD ESCAPE**

|  | INITIAL | RE-TEST |            |
|--|---------|---------|------------|
| Suck, tuck and duck<br>Inhaled a breath of air.<br>Turned chin down to shoulder.<br>Go far enough underwater that survivor is submerged. | Q       | CQ      | UQ = _____ |
| Hand placement<br>Hands on survivors hips.<br>Thumbs grasping survivor's hips.   | Q       | CQ      | UQ = _____ |
| * Perform escape<br>Thrust forcefully away with arms.<br>Hunch shoulders and drop head.  | Q       | CQ      | UQ = _____ |
| *Surface far enough away that survivor can't grab hold of swimmer.   | Q       | CQ      | UQ = _____ |

**FRONT HEAD HOLD RELEASE**

|  |   |    |            |
|--|---|----|------------|
| Suck, tuck and duck<br>Inhaled a breath of air.<br>Turned chin down to shoulder.<br>Go far enough underwater that survivor is submerged. | Q | CQ | UQ = _____ |
| Hand placement<br>Correct hands on survivors face and elbow.<br>Utilizing proper pressure points.  | Q | CQ | UQ = _____ |

**JOB SHEET 4.9  
FINAL MULTIPLE RESCUE SCENARIO "C" CONTINUED**

|   | INITIAL | RE-TEST |            |
|---|---------|---------|------------|
| Attach lower leg strap  | Q       | CQ      | UQ = _____ |
| Perform safety checks<br>Carabiners red to head/white to the feet<br>Survivor tight and secure within four restraint straps | Q       | CQ      | UQ = _____ |
| Signal Helicopter to move in for pickup   | Q       | CQ      | UQ = _____ |
| Swim litter to double rescue hook   | Q       | CQ      | UQ = _____ |
| Connect two lifting rings to double rescue hook   | Q       | CQ      | UQ = _____ |
| Perform safety checks<br>Two lifting rings attached to large end of double rescue hook<br>Cables clear and taught           | Q       | CQ      | UQ = _____ |

**HEADWORK**

|  |   |    |            |
|--|---|----|------------|
| Established and maintained effective communication throughout rescue | Q | CQ | UQ = _____ |
| *Safed and/or Staged all survivors                                   | Q | CQ | UQ = _____ |
| *Recovered survivors in logical order, worst first / least last      | Q | CQ | UQ = _____ |
| Student exercised sound SAR tactics                                  | Q | CQ | UQ = _____ |
| *Student did not jeopardize the well being of any survivor           | Q | CQ | UQ = _____ |
| Student was able to adapt to a changing scenario                     | Q | CQ | UQ = _____ |
| Student used available resources to facilitate the rescue            | Q | CQ | UQ = _____ |

4.0 X number of Q = \_\_\_\_\_

2.0 X number of CQ = \_\_\_\_\_

4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

**JOB SHEET 4.9**  
**FINAL MULTIPLE RESCUE SCENARIO "C" CONTINUED**

**BALLOONED CANOPY**

INITIAL RE-TEST

|   |   |    |            |       |
|---|---|----|------------|-------|
| Approach Ballooned canopy.  | Q | CQ | UQ = _____ | _____ |
| Establish communications.<br>Look under parachute to locate survivor.<br>Swim to edge of parachute closest to survivor opposite apex. |   |    |            |       |
| Grasp edge of parachute and locate shroud line.<br>Swim away from parachute pulling shroud line hand over hand.                       | Q | CQ | UQ = _____ | _____ |
| When survivor is with in reach grasp survivor in center of back.<br>Lift parachute over survivor's head.                              | Q | CQ | UQ = _____ | _____ |
| Continue with appropriate disentanglement procedures  | Q | CQ | UQ = _____ | _____ |

**LITTER**

|   |   |    |            |       |
|---|---|----|------------|-------|
| Signaled helicopter<br>Maintained control of survivor<br>Signal was clear and correct   | Q | CQ | UQ = _____ | _____ |
| Approached trail line while maintaining control of survivor<br>Attained control of trail line<br>Donned gloves  | Q | CQ | UQ = _____ | _____ |
| Signaled down hoist<br>Litter pulled to swimmer   | Q | CQ | UQ = _____ | _____ |
| Disconnect litter from double rescue hook<br>Put survivor into litter<br>Stage lifting sling to not get fouled in restraint straps<br>Attach chest strap over chest and under arms<br>Disconnect from survivor if necessary | Q | CQ | UQ = _____ | _____ |
| Attach waist strap  | Q | CQ | UQ = _____ | _____ |
| Attach upper leg strap  | Q | CQ | UQ = _____ | _____ |
| * Perform release<br>Free head from grasp<br>Turn survivor around   | Q | CQ | UQ = _____ | _____ |

**JOB SHEET 3.2**  
**RELEASES AND ESCAPES CONTINUED**

INITIAL RE-TEST

|   |   |    |            |       |
|---|---|----|------------|-------|
| * Perform escape<br>Thrust forcefully away with arms.<br>Hunch shoulders and drop head. | Q | CQ | UQ = _____ | _____ |
| *Place and maintain survivor in a controlled cross-chest carry                          | Q | CQ | UQ = _____ | _____ |

**REAR HEAD HOLD ESCAPE**

|   |   |    |            |       |
|---|---|----|------------|-------|
| * Suck, tuck and duck<br>Inhaled a breath of air<br>Turned chin down to shoulder<br>Go far enough underwater that survivor is submerged | Q | CQ | UQ = _____ | _____ |
| Hand placement<br>Hands on survivors elbows<br>Thumbs grasping survivors pressure points  | Q | CQ | UQ = _____ | _____ |
| * Perform escape<br>Thrust away with arms in the direction swimmer is looking<br>Free head from grasp                                   | Q | CQ | UQ = _____ | _____ |
| *Surface far enough away that survivor cannot grab hold of swimmer  | Q | CQ | UQ = _____ | _____ |

**REAR HEAD HOLD RELEASE**

|  |   |    |            |       |
|--|---|----|------------|-------|
| * Suck, tuck and duck<br>Inhaled a breath of air<br>Turned chin down to shoulder<br>Go far enough underwater that survivor is submerged  | Q | CQ | UQ = _____ | _____ |
| Hand placement<br>Both swimmer's hands on one of survivor's wrists<br>Thumbs grasping survivors pressure points  | Q | CQ | UQ = _____ | _____ |
| * Perform release<br>Break survivors grip<br>Swimmer spins hand on survivor's wrist<br>Swimmer slides hand up to elbow pressure point<br>Swimmer gains position behind survivors<br>Release elbow vice wrist | Q | CQ | UQ = _____ | _____ |
| *Place and maintain survivor in a controlled cross-chest carry   | Q | CQ | UQ = _____ | _____ |

4.0 X number of Q = \_\_\_\_\_

2.0 X number of CQ = \_\_\_\_\_

4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

**JOB SHEET LT 2.1**  
**PRINCIPLES OF PHYSICAL FITNESS AND DRY LAND**  
**CONDITIONING**

TRAINEE NAME/RATE: \_\_\_\_\_ SSN: \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR: \_\_\_\_\_ DATE: \_\_\_\_\_

Evaluation procedure: Instructors are to ensure that all students are doing all exercises in accordance with lesson topic 2-1. If a student is performing an exercise incorrectly the instructor shall immediately correct their form and instruct the student counting to not add the improperly performed exercise to the overall number for that particular exercise.

Exercises will consist of the following;

|                        | Level 2 # completed           |
|------------------------|-------------------------------|
| Pull-ups               | 4    ___/___                  |
| Lunges                 | 18   ___/___                  |
| Regular width push-ups | 30   ___/___                  |
| Bent knee sit-ups      | 25   ___/___                  |
| Wide arm push-ups      | 30   ___/___                  |
| Crunches               | 30   ___/___                  |
| Flutterkicks           | 30   ___/___                  |
| Tricep push-ups        | 20   ___/___                  |
| 2 ½ Mile Run           | 22:30-25:00 mins. _____/_____ |

**Any student who does not achieve the appropriate number for the level PT test they are taking will receive a grade of fail. Any student who fails will be retested on the next physical training day.**

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**JOB SHEET 4.9**  
**FINAL MULTIPLE RESCUE SCENARIO "C" CONTINUED**

INITIAL    RE-TEST

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Raft (if applicable)<br>Proper raft procedure<br>Discarded raft completely   | Q | CQ | UQ = | _____ | _____ |
| Final check  | Q | CQ | UQ = | _____ | _____ |
| Signal helicopter for the appropriate lifting device<br><b>(If litter signaled go to litter job sheet)</b><br>Properly use lifting devices<br>Perform safety check for lifting device<br>Signal up hoist | Q | CQ | UQ = | _____ | _____ |

**THIRD SURVIVOR**

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Assess the situation   | Q | CQ | UQ = | _____ | _____ |
| Approach survivor (using correct approach)<br>Establish communication<br>In close in control<br>Remove O2 mask<br>Give two rescue breaths if necessary   | Q | CQ | UQ = | _____ | _____ |
| Clear head, neck and chest<br>Remove any debris<br>Remove raft lanyard<br>Ensure that it is safe to inflate flotation  | Q | CQ | UQ = | _____ | _____ |
| Inflate and or check flotation   | Q | CQ | UQ = | _____ | _____ |
| Disentanglement head to toe<br>Remove KOCH fittings<br>Safe survivor (if necessary)<br>(when and if swimmer returns)<br>Sweep arms / cross arms cross chest<br>Side control<br>Release oxygen hose on SKU<br>Release SKU<br>Sweep legs | Q | CQ | UQ = | _____ | _____ |

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Raft (if applicable)<br>Proper raft procedure<br>Discarded raft completely   | Q | CQ | UQ = | _____ | _____ |
| Final check  | Q | CQ | UQ = | _____ | _____ |
| Signal helicopter for the appropriate lifting device<br><b>(If litter signaled go to litter job sheet)</b><br>Properly use lifting devices<br>Perform safety check for lifting device<br>Signal up hoist | Q | CQ | UQ = | _____ | _____ |

**JOB SHEET 4.9**  
**FINAL MULTIPLE RESCUE SCENARIO "C" CONTINUED**

INITIAL    RE-TEST

|  |   |    |            |       |
|--|---|----|------------|-------|
| Disentanglement head to toe<br>Remove KOCH fittings<br>Safe survivor (if necessary<br>when and if swimmer returns)<br>Sweep arms / cross arms cross chest<br>Side control<br>Release oxygen hose on SKU<br>Release SKU<br>Sweep legs | Q | CQ | UQ = _____ | _____ |
| Raft (if applicable)<br>Proper raft procedure<br>Discarded raft completely   | Q | CQ | UQ = _____ | _____ |
| Final check  | Q | CQ | UQ = _____ | _____ |
| Signal helicopter for the appropriate lifting device<br><b>(If litter signaled go to litter job sheet)</b><br>Properly use lifting devices<br>Perform safety check for lifting device<br>Signal up hoist                             | Q | CQ | UQ = _____ | _____ |

**SECOND SURVIVOR**

|  |   |    |            |       |
|--|---|----|------------|-------|
| Assess the situation   | Q | CQ | UQ = _____ | _____ |
| Approach survivor (using correct approach)<br>Establish communication<br>In close in control<br>Remove O2 mask<br>Check breathing<br>Give two rescue breaths if necessary  | Q | CQ | UQ = _____ | _____ |
| Clear head, neck and chest<br>Remove any debris<br>Remove raft lanyard<br>Ensure that it is safe to inflate flotation  | Q | CQ | UQ = _____ | _____ |
| Inflate and or check flotation   | Q | CQ | UQ = _____ | _____ |
| Disentanglement head to toe<br>Remove KOCH fittings<br>Safe survivor (if necessary)<br>(when and if swimmer returns)<br>Sweep arms / cross arms cross chest<br>Side control<br>Release oxygen hose on SKU<br>Release SKUSweep legs | Q | CQ | UQ = _____ | _____ |

**JOB SHEET 3.6**  
**DISENTANGLEMENT FREE-FLOATER, HELICOPTER  
 CREWMEMBER**

TRAINEENAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q,CQ,UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
 Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

INITIAL    RE-TEST

|   |   |    |            |       |
|---|---|----|------------|-------|
| Assess the situation  | Q | CQ | UQ = _____ | _____ |
| Deployment<br>Look left, right and center<br>Signal, "I'm all right"  | Q | CQ | UQ = _____ | _____ |
| Approach survivor (using correct approach)<br>Establish communication<br>In close in control<br>*Check breathing<br>Give two rescue breaths if necessary                            | Q | CQ | UQ = _____ | _____ |
| *Clear head, neck and chest<br>Remove any debris<br>Remove raft lanyard<br>Ensure that it is safe to inflate flotation  | Q | CQ | UQ = _____ | _____ |
| Inflate and or check flotation  | Q | CQ | UQ = _____ | _____ |
| *Disentanglement head to toe<br>Sweep arms / cross arms cross chest<br>Spinal highway/side control (insure survivor<br>has no back injuries)<br>Sweep legs using appropriate method | Q | CQ | UQ = _____ | _____ |



**JOB SHEET 4.9**  
**FINAL MULTIPLE RESCUE SCENARIO "B" CONTINUED**

HEADWORK

|  |   | INITIAL | RE-TEST |        |
|--|---|---------|---------|--------|
| Established and maintained effective communication throughout rescue | Q | CQ      | UQ =    | ____ _ |
| *Safed and/or Staged all survivors                                   | Q | CQ      | UQ =    | ____ _ |
| *Recovered survivors in logical order, worst first / least last      | Q | CQ      | UQ =    | ____ _ |
| Student exercised sound SAR tactics                                  | Q | CQ      | UQ =    | ____ _ |
| *Student did not jeopardize the well being of any survivor           | Q | CQ      | UQ =    | ____ _ |
| Student was able to adapt to a changing scenario                     | Q | CQ      | UQ =    | ____ _ |
| Student used available resources to facilitate the rescue            | Q | CQ      | UQ =    | ____ _ |

4.0 X number of Q = \_\_\_\_ \_

2.0 X number of CQ = \_\_\_\_ \_

4.0's + 2.0's = Total = \_\_\_\_ \_

Total grade \_\_\_\_/\_\_\_\_ divided by \_\_\_\_/\_\_\_\_ (number of items tested) = \_\_\_\_/\_\_\_\_

**INSTRUCTORS MAY USE THE REMAINING PORTION OF THIS PAGE TO MAKE ANY NOTE CONCERNING STUDENTS PERFORMANCE**

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**JOB SHEET LT 2.1**  
**PRINCIPLES OF PHYSICAL FITNESS AND DRY LAND CONDITIONING**

TRAINEE NAME/RATE: \_\_\_\_\_ SSN: \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR: \_\_\_\_\_ DATE: \_\_\_\_\_

Evaluation procedure: Instructors are to ensure that all students are doing all exercises in accordance with lesson topic 2-1. If a student is performing an exercise incorrectly the instructor shall immediately correct their form and instruct the student counting to not add the improperly performed exercise to the overall number for that particular exercise.

Exercises will consist of the following;

|                        |    | Level | 3 | # completed                |
|------------------------|----|-------|---|----------------------------|
| Pull-ups               | 5  |       |   | ____/____                  |
| Lunges                 | 20 |       |   | ____/____                  |
| Regular width push-ups | 35 |       |   | ____/____                  |
| Bent knee sit-ups      | 30 |       |   | ____/____                  |
| Wide arm push-ups      | 35 |       |   | ____/____                  |
| Crunches               | 35 |       |   | ____/____                  |
| Flutterkicks           | 35 |       |   | ____/____                  |
| Tricep push-ups        | 25 |       |   | ____/____                  |
| 3 Mile Run             |    |       |   | 27:00-30:00mins. ____/____ |

**Any student who does not achieve the appropriate number for the level PT test they are taking will receive a grade of fail. Any student who fails will be retested on the next physical training day.**

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JOB SHEET 3.8

DISENTANGLEMENT INTEGRATED TORSO HARNESS

TRAINEENAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q,CQ,UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
 Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

|   |           | INITIAL | RE-TEST |
|---|-----------|---------|---------|
| Assess the situation                        | Q CQ UQ = | _____   | _____   |
| Deployment                                  | Q CQ UQ = | _____   | _____   |
| Look left, right and center                 |           |         |         |
| Signal, "I'm all right"                     |           |         |         |
| Approach survivor (using correct approach)  | Q CQ UQ = | _____   | _____   |
| Establish communication                     |           |         |         |
| In close in control                         |           |         |         |
| *Remove O2 mask                             |           |         |         |
| *Check breathing                            |           |         |         |
| Give two rescue breaths if necessary        |           |         |         |
| *Clear head, neck and chest                 | Q CQ UQ = | _____   | _____   |
| Remove any debris                           |           |         |         |
| Remove raft lanyard                         |           |         |         |
| Ensure that it is safe to inflate flotation |           |         |         |
| Inflate and or check flotation              | Q CQ UQ = | _____   | _____   |
| Disentanglement head to toe                 | Q CQ UQ = | _____   | _____   |
| *Remove KOCH fittings                       |           |         |         |
| Sweep arms / cross arms cross chest         |           |         |         |
| *Side control                               |           |         |         |
| Release oxygen hose on SKU                  |           |         |         |
| *Release SKU                                |           |         |         |
| Sweep legs                                  |           |         |         |

JOB SHEET 4.9

FINAL MULTIPLE RESCUE SCENARIO "B" CONTINUED

LITTER

INITIAL RE-TEST

|   |           |       |       |
|---|-----------|-------|-------|
| Signaled helicopter   | Q CQ UQ = | _____ | _____ |
| Maintained control of survivor                                |           |       |       |
| Signal was clear and correct                                  |           |       |       |
| Approached trail line while maintaining control of survivor   | Q CQ UQ = | _____ | _____ |
| Attained control of trail line                                |           |       |       |
| Donned gloves   |           |       |       |
| Signaled down hoist   | Q CQ UQ = | _____ | _____ |
| Litter pulled to swimmer                                      |           |       |       |
| Disconnect litter from double rescue hook                     | Q CQ UQ = | _____ | _____ |
| Put survivor into litter                                      |           |       |       |
| Stage lifting sling to not get fouled in restraint straps     |           |       |       |
| Attach chest strap over chest and under arms                  |           |       |       |
| Disconnect from survivor if necessary                         |           |       |       |
| Attach waist strap  | Q CQ UQ = | _____ | _____ |
| Attach upper leg strap  | Q CQ UQ = | _____ | _____ |
| Attach lower leg strap  | Q CQ UQ = | _____ | _____ |
| Perform safety checks   | Q CQ UQ = | _____ | _____ |
| Carabiners red to head/white to the feet                      |           |       |       |
| Survivor tight and secure within four restraint straps        |           |       |       |
| Signal Helicopter to move in for pickup                       | Q CQ UQ = | _____ | _____ |
| Swim litter to double rescue hook                             | Q CQ UQ = | _____ | _____ |
| Connect two lifting rings to double rescue hook               | Q CQ UQ = | _____ | _____ |
| Perform safety checks   | Q CQ UQ = | _____ | _____ |
| Two lifting rings attached to large end of double rescue hook |           |       |       |
| Cables clear and taught                                       |           |       |       |



**JOB SHEET 4.9**  
**FINAL MULTIPLE RESCUE SCENARIO "A"**

TRAINEENAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
 INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q,CQ,UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
 Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

First survivor

|   |   |    |      | INITIAL | RE-TEST |
|---|---|----|------|---------|---------|
| Assess the situation  | Q | CQ | UQ = | _____   | _____   |
| Deployment  | Q | CQ | UQ = | _____   | _____   |
| Look left, right and center   |   |    |      |         |         |
| Signal, "I'm all right"   |   |    |      |         |         |
| Approach survivor (using correct approach)                                    | Q | CQ | UQ = | _____   | _____   |
| Establish communication   |   |    |      |         |         |
| Utilize ballooned canopy procedures ( <b>use ballooned canopy job sheet</b> ) |   |    |      |         |         |
| In close in control   |   |    |      |         |         |
| Remove O2 mask  |   |    |      |         |         |
| Check breathing   |   |    |      |         |         |
| Give two rescue breaths if necessary  |   |    |      |         |         |
| Clear head, neck and chest  | Q | CQ | UQ = | _____   | _____   |
| Remove any debris   |   |    |      |         |         |
| Remove raft lanyard   |   |    |      |         |         |
| Ensure that it is safe to inflate flotation                                   |   |    |      |         |         |
| Inflate and or check flotation  | Q | CQ | UQ = | _____   | _____   |

**JOB SHEET 4.9**  
**FINAL MULTIPLE RESCUE SCENARIO "B" CONTINUED**

INITIAL RE-TEST

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Disentanglement head to toe  | Q | CQ | UQ = | _____ | _____ |
| Sweep arms / cross arms cross chest  |   |    |      |       |       |
| Spinal highway/side control (insure survivor has no back injuries)   |   |    |      |       |       |
| Sweep legs using appropriate method  |   |    |      |       |       |
| Raft (if applicable)   | Q | CQ | UQ = | _____ | _____ |
| Proper raft procedure  |   |    |      |       |       |
| Discarded raft completely  |   |    |      |       |       |
| Final check (if applicable)  | Q | CQ | UQ = | _____ | _____ |
| Signal helicopter for the appropriate lifting device<br><b>(If litter signaled go to litter job sheet)</b> |   |    |      |       |       |
| Properly use lifting devices   |   |    |      |       |       |
| Perform safety check for lifting device  |   |    |      |       |       |
| Signal up hoist  |   |    |      |       |       |

SECOND SURVIVOR

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Assess the situation   | Q | CQ | UQ = | _____ | _____ |
| Approach survivor (using correct approach)                         | Q | CQ | UQ = | _____ | _____ |
| Establish communication  |   |    |      |       |       |
| In close in control  |   |    |      |       |       |
| Check breathing  |   |    |      |       |       |
| Give two rescue breaths if necessary                               |   |    |      |       |       |
| Clear head, neck and chest   | Q | CQ | UQ = | _____ | _____ |
| Remove any debris  |   |    |      |       |       |
| Remove raft lanyard  |   |    |      |       |       |
| Ensure that it is safe to inflate flotation                        |   |    |      |       |       |
| Inflate and or check flotation                                     | Q | CQ | UQ = | _____ | _____ |
| Safe Survivor  | Q | CQ | UQ = | _____ | _____ |
| Disentanglement head to toe  | Q | CQ | UQ = | _____ | _____ |
| Sweep arms / cross arms cross chest                                |   |    |      |       |       |
| Spinal highway/side control (insure survivor has no back injuries) |   |    |      |       |       |
| Sweep legs using appropriate method                                |   |    |      |       |       |
| Raft (if applicable)   |   |    |      |       |       |

JOB SHEET 4.9  
FINAL MULTIPLE RESCUE SCENARIO "B"

TRAINEENAME/RATE \_\_\_\_\_ SSN \_\_\_\_\_  
INSTRUCTOR/EVALUATOR \_\_\_\_\_ DATE \_\_\_\_\_

Evaluation Instructions Critical Steps: Observe trainee performing each step. Watch for correct use of equipment and adherence to safety regulations. Indicate trainee's performance by circling either **Q,CQ,UQ**.

"\*" Denotes a critical area. Failure to adhere to items marked with an asterisk will result in automatic failure of this Performance test however a momentary deviation from prescribed procedures does not constitute an automatic failure. A mark of CQ on an asterisk item does not constitute an automatic failure the grade will be computed in for a final score. A mark of UQ on an asterisk item constitutes an automatic failure.

A mark of Q = 4.0 a mark of CQ = 2.0 and a mark of UQ = 0.0  
Minimum average score for passing is **3.2**

**If an item is not applicable line out that item and do not add it to the overall average.**

First survivor

|   |   |    |      | INITIAL | RE-TEST |
|---|---|----|------|---------|---------|
| Assess the situation  | Q | CQ | UQ = | _____   | _____   |
| Deployment  | Q | CQ | UQ = | _____   | _____   |
| Look left, right and center<br>Signal, "I'm all right"  |   |    |      |         |         |
| Approach survivor (using correct approach)  | Q | CQ | UQ = | _____   | _____   |
| Establish communication<br>In close in control<br>Check breathing<br>Give two rescue breaths if necessary |   |    |      |         |         |
| Clear head, neck and chest  | Q | CQ | UQ = | _____   | _____   |
| Remove any debris<br>Remove raft lanyard<br>Ensure that it is safe to inflate flotation                   |   |    |      |         |         |
| Inflate and or check flotation  | Q | CQ | UQ = | _____   | _____   |
| Safe Survivor (If applicable)   | Q | CQ | UQ = | _____   | _____   |

FINAL MULTIPLE RESCUE SCENARIO "A" CONTINUED

INITIAL RE-TEST

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Disentanglement head to toe  | Q | CQ | UQ = | _____ | _____ |
| Remove KOCH fittings<br>Safe survivor (if necessary<br>when and if swimmer returns)<br>Sweep arms / cross arms cross chest<br>Side control |   |    |      |       |       |
| Release oxygen hose on SKU<br>Release SKU<br>Sweep legs  |   |    |      |       |       |
| Raft (if applicable)   | Q | CQ | UQ = | _____ | _____ |
| Proper raft procedure<br>Discarded raft completely   |   |    |      |       |       |
| Final check  | Q | CQ | UQ = | _____ | _____ |
| Signal helicopter for the appropriate lifting device<br><b>(If litter signaled go to litter job sheet)</b>                                 | Q | CQ | UQ = | _____ | _____ |
| Properly use lifting devices<br>Perform safety check for lifting device<br>Signal up hoist   |   |    |      |       |       |

SECOND SURVIVOR

|  |   |    |      |       |       |
|--|---|----|------|-------|-------|
| Assess the situation   | Q | CQ | UQ = | _____ | _____ |
| Approach survivor (using correct approach)   | Q | CQ | UQ = | _____ | _____ |
| Establish communication<br>In close in control<br>Remove O2 mask<br>Check breathing<br>Give two rescue breaths if necessary                |   |    |      |       |       |
| Clear head, neck and chest   | Q | CQ | UQ = | _____ | _____ |
| Remove any debris<br>Remove raft lanyard<br>Ensure that it is safe to inflate flotation  |   |    |      |       |       |
| Inflate and or check flotation   | Q | CQ | UQ = | _____ | _____ |
| Disentanglement head to toe  | Q | CQ | UQ = | _____ | _____ |
| Remove KOCH fittings<br>Safe survivor (if necessary<br>when and if swimmer returns)<br>Sweep arms / cross arms cross chest<br>Side control |   |    |      |       |       |
| Release oxygen hose on SKU<br>Release SKU<br>Sweep legs  |   |    |      |       |       |
| Raft (if applicable)   | Q | CQ | UQ = | _____ | _____ |
| Proper raft procedure<br>Discarded raft completely   |   |    |      |       |       |
| Final Check  | Q | CQ | UQ = | _____ | _____ |

## FINAL MULTIPLE RESCUE SCENARIO "A" CONTINUED

INITIAL RE-TEST

Signal helicopter for the appropriate lifting device  
**(If litter signaled go to litter job sheet)**  
 Properly use lifting devices  
 Perform safety check for lifting device  
 Signal up hoist

Q CQ UQ = \_\_\_\_\_

### BALLOONED CANOPY

Approach Ballooned canopy.  
 Establish communications.  
 Look under parachute to locate survivor.  
 Swim to edge of parachute closest to survivor opposite apex.

Q CQ UQ = \_\_\_\_\_

Grasp edge of parachute and locate shroud line.  
 Swim clear of parachute pulling shroud line hand over hand.

Q CQ UQ = \_\_\_\_\_

When survivor is with in reach grasp survivor in center of back.  
 Lift parachute over survivor's head.

Q CQ UQ = \_\_\_\_\_

Continue with appropriate disentanglement procedures

Q CQ UQ = \_\_\_\_\_

### LITTER

Signaled helicopter  
 Maintained control of survivor  
 Signal was clear and correct

Q CQ UQ = \_\_\_\_\_

Approached trail line while maintaining control of survivor  
 Attained control of trail line  
 Donned gloves

Q CQ UQ = \_\_\_\_\_

Signaled down hoist  
 Litter pulled to swimmer

Q CQ UQ = \_\_\_\_\_

Disconnect litter from double rescue hook  
 Put survivor into litter  
 Stage lifting sling to not get fouled in restraint straps  
 Attach chest strap over chest and under arms  
 Disconnect from survivor if necessary

Q CQ UQ = \_\_\_\_\_

Attach waist strap

Q CQ UQ = \_\_\_\_\_

Attach upper leg strap

Q CQ UQ = \_\_\_\_\_

JOB SHEET 4.9

## FINAL MULTIPLE RESCUE SCENARIO "A" CONTINUED

INITIAL RE-TEST

Attach lower leg strap

Q CQ UQ = \_\_\_\_\_

Perform safety checks  
 Carabiners red to head/white to the feet  
 Survivor tight and secure within four restraint straps

Q CQ UQ = \_\_\_\_\_

Signal Helicopter to move in for pickup

Q CQ UQ = \_\_\_\_\_

Swim litter to double rescue hook

Q CQ UQ = \_\_\_\_\_

Connect two lifting rings to double rescue hook

Q CQ UQ = \_\_\_\_\_

Perform safety checks  
 Two lifting rings attached to large end of double rescue hook  
 Cables clear and taught

Q CQ UQ = \_\_\_\_\_

### HEADWORK

Established and maintained effective communication throughout rescue

Q CQ UQ = \_\_\_\_\_

\*Safed and/or Staged all survivors

Q CQ UQ = \_\_\_\_\_

\*Recovered survivors in logical order, worst first / least last

Q CQ UQ = \_\_\_\_\_

Student exercised sound SAR tactics

Q CQ UQ = \_\_\_\_\_

\*Student did not jeopardize the well being of any survivor

Q CQ UQ = \_\_\_\_\_

Student was able to adapt to a changing scenario

Q CQ UQ = \_\_\_\_\_

Student used available resources to facilitate the rescue

Q CQ UQ = \_\_\_\_\_

4.0 X number of Q = \_\_\_\_\_

2.0 X number of CQ = \_\_\_\_\_

4.0's + 2.0's = Total = \_\_\_\_\_

Total grade \_\_\_\_\_/\_\_\_\_\_ divided by \_\_\_\_\_/\_\_\_\_\_ (number of items tested) = \_\_\_\_\_/\_\_\_\_\_

