

# MILWAUKEE AREA *Technical College*

## ***FLASHOVER SIMULATOR TRAINING***

### SAFETY

#### Guidelines and Precautions

The following guidelines regarding your training in the flashover container have been carefully thought out. They are for one reason only -to insure YOUR SAFETY and well being. Please take the time and effort to follow them carefully.

- 1) It is very important that you are in good physical condition. Health problems such as heart conditions, high blood pressure, emphysema, and diabetes may prohibit your participation in this program. If you have medical conditions or do not exercise regularly, please consult your physician before participating. The extreme heat and heavy clothing can possibly result in high output cardiac failure.
- 2) Good hydration is imperative because of the body fluid loss that you will experience while training. Drink plenty of fluids starting the day before the exercise, and continue to replace your losses throughout the day.
- 3) In addition to staying well hydrated, your health should be very good. If you are suffering from a cold, or other infection such as the flu, do not go into the container. These minor discomforts of every day life can be very dangerous when your body is put under the additional heat stress. It has been shown that a respiratory infection can lead to heart damage or worse if ignored.
- 4) Because it is difficult to talk and be understood while using SCBA, talking should be kept to a minimum so that everyone will be able to hear. Should anyone need to leave, it is imperative that the instructor be notified and that upon exiting, a low position be maintained. No standing erect will be allowed during live fire training. Discipline is imperative and essential to prevent injuries. ANY ATTEMPT TO INTENTIONALLY "SEASON" HELMETS OR OTHER PROTECTIVE EQUIPMENT WILL NOT BE TOLERATED. Persons caught doing so will immediately be escorted from the container and the training session will end.
- 5) All of your safety clothing should be in good shape. They should not be too tight and you should allow for some additional layers, such as a long-sleeve t-shirt or sweatshirt beneath your normal equipment. Firefighting hoods are mandatory and no bare skin should be showing when you are ready to start. Helmet shields and other helmet accessories should be removed because they can be damaged by the high temperatures experienced inside the container. **NO POLYCARBONATE HELMETS ARE ALLOWED TO BE WORN INSIDE THE CONTAINER.**
- 6) In compliance with the Wisconsin Technical College System Fire Service Certification Program Policy and Procedures Manual and the requirements of Wisconsin Administrative Code Chapter Comm 30, no beard or facial hair that comes in contact with the SCBA facepiece seal is permitted.

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Print Name

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Signature

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Date