



# TRAINING PLAN

Subject		
<b>Special Ops – Cribbing &amp; Heavy Objects</b>		
Instructors		
<b><u>A</u></b>	<b><u>B</u></b>	<b><u>C</u></b>
Logistics		
<u>Time Required</u> 2 hrs.	<u>Equipment Needed</u> Heavy Object / Suitable Site Cribbing Pinch Bar(s) Airbags	

## DESCRIPTION

### Objectives:

1. Identify the appropriate PPE and safety precautions for lifting and cribbing heavy objects.
2. Identify the tool types and capabilities available for lifting and cribbing heavy objects.
3. Discuss the initial and ongoing assessment (Size-Up) of collapse incidents.
4. Demonstrate raising, stabilizing, moving, and lowering heavy objects.

### Description / Outline:

#### 1. PPE & Safety Precautions

- PPE
  - Long Pants & Shirts (Wildland PPE), Safety-Toe Boots, Gloves, Helmet, Eye Protection
- Safety Precautions
  - Evaluate – Continually evaluate the incident or load using a six-sided approach
  - Communicate – Communicate the incident action plan and coordinate work efforts
  - Operate – Operate safely, and continue to evaluate the stability of the load
- Environment Influences
  - Weather Extremes (heat, cold, wind, rain) may impact rescuer performance or the stability of the load

#### 2. Tool Types

- Levers
- Jacks
- Airbags

#### 3. Size-Up & Ongoing Assessment

- Six-Sided Approach – *Top, Bottom, and 4 sides*
- Construction Type, Nature & Configuration of the collapse
- Void Spaces & Potential Victim Locations
- Stability of the Load & Potential for Secondary Collapse

#### 4. Raising, Stabilizing, & Moving Heavy Objects

- Lifting Techniques
  - Use proper lifting techniques and body mechanics
  - Lift in short, controlled increments
- Lift, Hinge, and Cribbing Points
  - Consider & control the Hinge Point(s) of the load to prevent the load from shifting
  - Cribbing Points must securely support the load & provide access for victim removal
- Crib & Stabilize the Load as You Lift
  - “Lift an inch, Crib an inch”

<b>Prepared By:</b>	<b>Date / Date Revised:</b>
J. Calista	April 2016