

South Kitsap Fire and Rescue is proud to present:
Paul Capo ~ “When Things Go Bad! ~ Firefighter Rescue & Survival with
The Physiology of Self-Preservation”



South Kitsap
FIRE
Rescue

In this full day of compelling training, the student will have a complete understanding of the roles and responsibilities during a firefighter rescue regardless of your position. You will learn how to save other firefighters (R.I.T.) and how to save ourselves (Firefighter Survival), by watching captivating live fatality videos and discussing case studies. This course teaches R.I.T. Responsibilities for the tailboard firefighter up to the commanding officer. Also discussed will be:

- ⦿ *Survival Size-Up*
- ⦿ *Proactive Tasks of the R.I.T.*
- ⦿ *Tools and Equipment*
- ⦿ *Command and Control of a MAYDAY*
- ⦿ *Search Patterns*
- ⦿ *Assessment, Packaging, and Drags*
- ⦿ *Firefighter Extrication*
- ⦿ *Mayday! What it is and how to use it*
- ⦿ *Radio Communications*
- ⦿ *SCBA Emergencies*
- ⦿ *Reorientation Techniques*
- ⦿ *Self-Rescue/Bailout Techniques*

Date: March 15, 2016

Time: 9:00 – 5:00
Doors open at 8:00

Location: Readiness Training Center
1211 Carver
Bremerton, WA 98310
LOCATION MAY CHANGE DEPENDING ON INTEREST

Cost: *No charge for SKFR personnel - lunch will be provided*

Registration: Submit your application for education through your chain of command

Cancel by March 4th so we can put someone else in your spot

Class sized is limited to 60 people

Contact: Dawn Salters, South Kitsap Fire and Rescue
(360) 895-6515 or dsalters@skfr.org

Lecture also includes:

Physiology of Self Preservation

During survival stress, hormonal induced tachycardia will overwhelm you; your fine and complex motor skills as well as your rational thinking will not be active without the proper training. Through case studies and documented research I will discuss how we can train our midbrain for success when we feel death is imminent.

As our industry is training more on Firefighter Rescue, we have to ask ourselves, are we training the right way? Do you know what you will experience or be capable of accomplishing when you feel that you or a fellow brother/sister firefighter is going to die?

Deadly encounters in the arenas of law enforcement, special ops, and firefighting, which branched out to other disciplines, have provided data that explains how the body reacts in a predictable manner when we are under Survival Stress no matter what the environment! This program discusses the difference between physical tachycardia (tachycardia- increase in heart rate) and hormonal induced tachycardia. Many of us focus on our physical health being that's the leader of fatality in our industry. But how many training organizations neglect the presence of our hormonal or fear induced tachycardia (fight/flight).

All of these psychological and physiological responses are concluded with training tactics needed to overcome and/or manage them in the time of need. With stress inoculation of the midbrain we learn how to prepare for the worst day in any firefighters life. Stressed firefighters will only do what they're trained to do; you do not rise to the occasion. You sink to the level of your training.

This compelling program ties all studies together with all traditional R.I.T and Survival drills (Ex. Entanglement, bail-out, breaching, Nance, packaging, etc.) I will explain how we can alter our training programs for success and eradicate bad muscle memory based on science and the academia of Rescue.



About the Instructor...

Paul Capo has been a firefighter since 1996 and serves as a Lieutenant/Paramedic on T45 with Clearwater Fire Rescue in Florida. Paul Capo is Founder and serves as President of, When Things Go Bad, Inc., where he develops a vast compliment of firefighter curriculum and training. His diverse teaching includes, but is not limited to, FDIC (Fire Department Instructors Conference), Fire House Expo, Orlando Fire Conference, Fire Rescue East, Wichita HOT, etc., where he trains on multiple subjects in fire service academia. Paul is considered by many to be one of the nation's leader's in the "new vanguard" of Firefighter Rescue / Rapid Intervention Crew capabilities. He and his crew can be seen regularly on Fire Engineering's Training Minutes as well as in 5 Train-the-Trainer DVDs in Firefighter Rescue & Survival. In addition, he frequently instructs and consults in areas of firefighter self-preservation – the physiology changes during firefighter survival. He is a college graduate and an instructor at Saint Petersburg Fire College where he teaches all levels and topics on firefighting.