

Tempe Fire Department Policies and Procedures
Life Seat/Multi-Purpose Strap
205.04
Rev 8-30-94

This strap is designed to complement your emergency gear. Some of the many uses are described below. The strap can be rolled up and easily carried in a turnout pocket.

All firefighting personnel have the option of obtaining a life seat/multi-purpose strap (a ten-foot length of one-inch tubular nylon). This item can be ordered through the Inventory Services Specialist. The strap is tied loosely with a water knot forming a loop. After adjusting the length for a comfortable life seat (with turnouts) tighten the water knot (Figures 1 & 2).

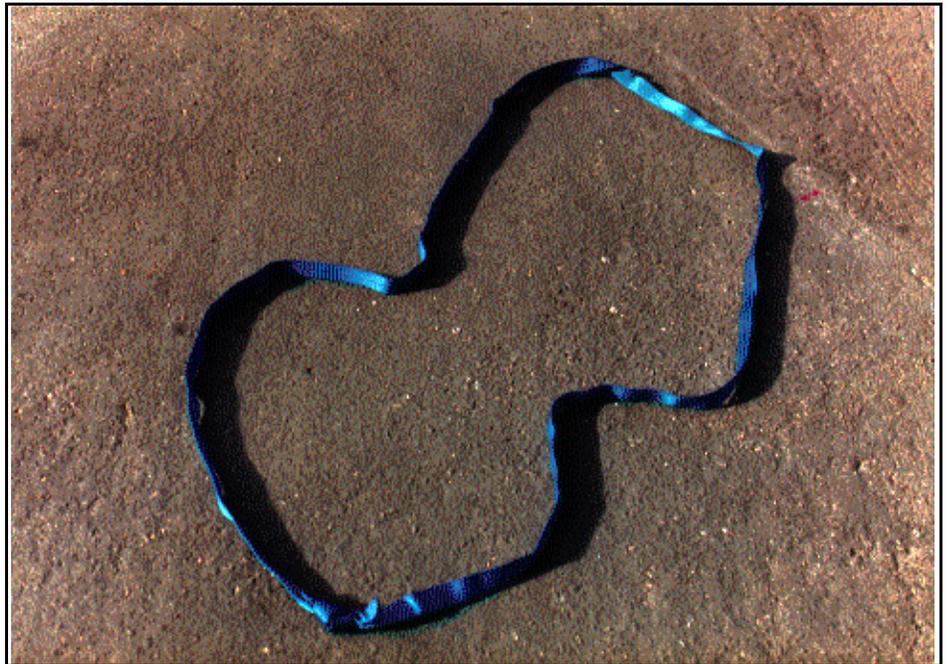


Figure 1



Figure 2

EMERGENCY LIFE SEAT USING KEVLAR ROPE AND CARABINERS

Place the strap around the top of your hips with the bottom of the loop hanging at knee level (Figure 3).



Figure 3

Bring the strap around your waist and hold with one hand forming two loops (Figure 4).



Figure 4

Reach down and grab the strap hanging at your knees and pull it up between your legs forming another loop (Figure 5).



Figure 5

Insert one of the carabiners through the three loops from the left side so the top is away from you and the locking mechanism is on your left (Figure 6).

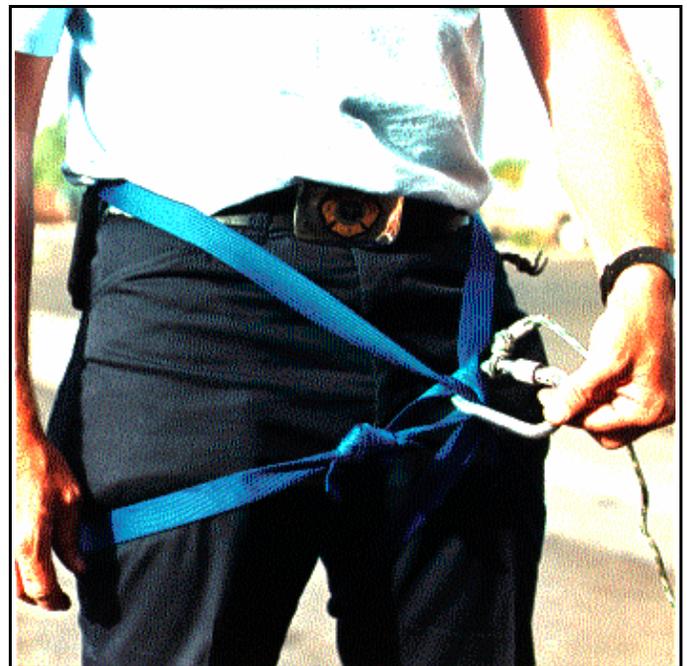


Figure 6

On this carabiner you will rappel. With the other carabiner you will secure the Kevlar rope (Figure 7).



Figure 7

After securing the Kevlar rope pull out the slack and let the Kevlar rope form a loop hanging below you and to your right side (Figure 8).

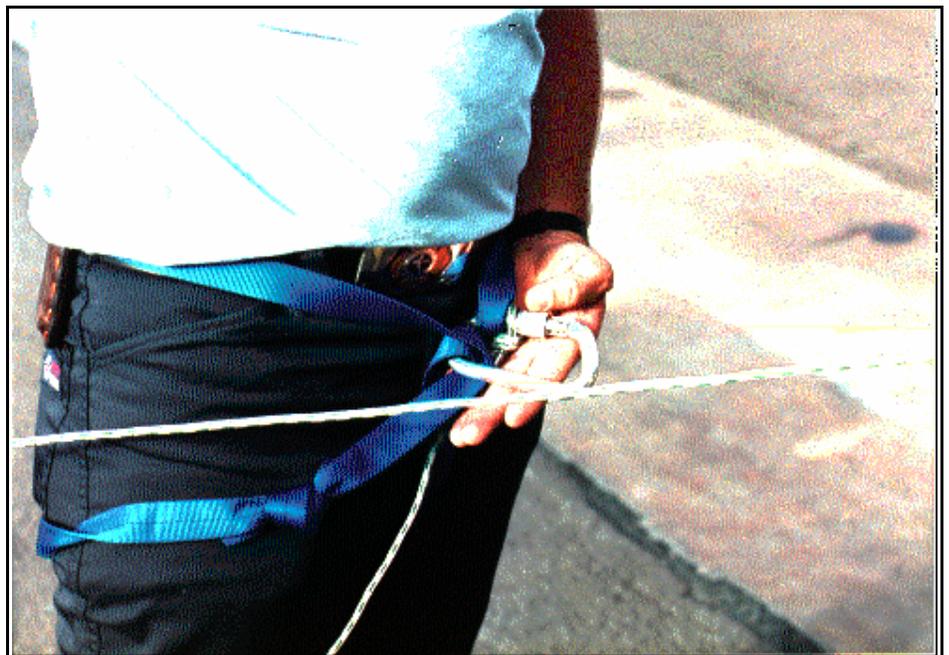


Figure 8

Place the rope across the top of the carabiner with your right hand while holding the carabiner in the open position with your left hand. The rope is held in position with your thumb (Figure 9).



Figure 9

Wrap the Kevlar rope counter clockwise around the carabiner three times (Figures 10 and 11).

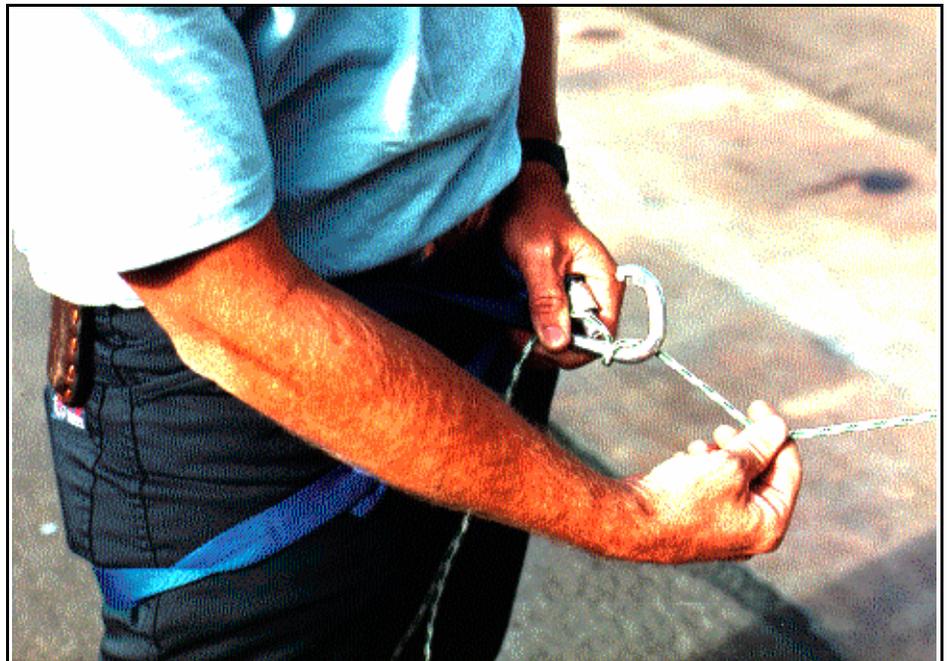


Figure 10



Figure 11

Lock the carabiner (Figure 12).



Figure 12

Position the trailing rope around your lower back and hold with your left hand, palm up (Figure 13).



Figure 13

Position your right hand on rope above the carabiner and put your weight in the seat (Figure 14).



Figure 14

With your feet against the wall, weight in the seat, and hand positions as described, it is easy to hold your weight (Figure 15).



Figure 15

To descend, move your left hand back and away from your body, releasing the rope slightly.

To brake, bring your left hand forward, increasing friction around your body and tighten your grip.

The strength of the Kevlar rope is 10,000# plus in an unofficial test, but it is rated at 4000#. This technique is only to descend up to three floors in an emergency. It can be done with gear on. Being as the Kevlar rope is attached to the rappelling carabiner, you will not pass the end of the 30' rope. This technique should be practiced a few feet off the ground to get the feel for balance and confidence.

RESCUE STRAP

Roll the victim supine. Place the strap across the chest (Figure 16).



Figure 16

Lift the arms so the strap passes under the armpits (Figure 17).

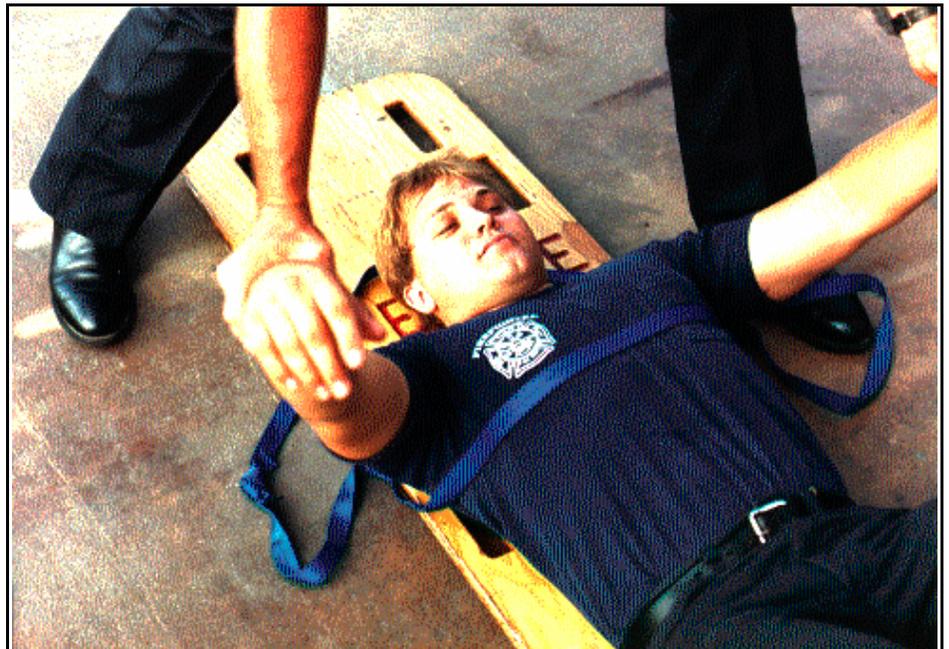


Figure 17

Pull up the slack and tie and overhand knot in the strap (Figure 18).



Figure 18

The victim can now be pulled out using the knot and remaining loop for handles (Figure 19).

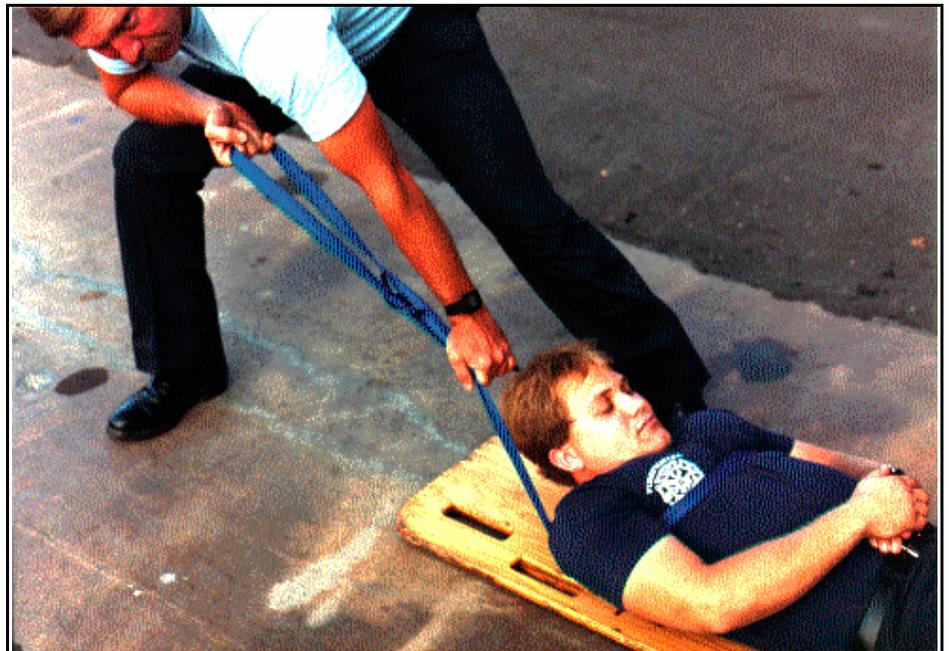


Figure 19

**ROOF CUT (STEADYING)
STRAP**

Place the strap across the shoulders of the man to be steadied (Figure 20).



Figure 20

Have him raise his arms and bring the strap under his armpits to the rear (Figure 21).



Figure 21

Now tie and overhand knot in the strap and use the knot and remaining loop as handles (Figure 22).



Figure 22

HOSE (BACK-UP) STRAP
(For Extended Hose Use, Single Man)

Place the strap approximately 6' back from the nozzle. Wrap around the hose and through itself. (Figure 23). Pull tight (Figure 24).



Figure 23



Figure 24

Place the loop end over the shoulder opposite the nozzle, across the chest, and under the arm of the nozzle side (Figure 25).



Figure 25

EMERGENCY RESCUE

