

## **Week 1 – Tue Aug 18**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

NFPA 1670 / 1006 Vehicle Rescue Ops

RVFRSO MVC SOGs

TIMS Standards

#### **Training Objectives**

- Perform vehicle size-up using inner/outer circle.
- Execute stabilization, cribbing, and glass management safely.
- Support basic extrication operations per SOGs.

#### **Lesson Outline (1800–2100)**

##### **1800–1820 – Safety & Scene Approach**

Traffic hazards, PPE, power isolation.

##### **1820–1850 – Inner/Outer Circle Assessment**

Hazards, access points, glass types.

##### **1850–1930 – Stabilization & Cribbing**

Step chocks, wedges, buttress systems.

##### **1930–2045 – Practical Stations**

Glass removal, basic tool familiarization, initial access drills.

##### **2045–2100 – Debrief**

#### **Evaluation**

Stabilization sequence; safe glass techniques.

#### **Safety / Logistics**

Full PPE; tool discipline; traffic control.

## **Week 2 – Tue Aug 25**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

Driver/Operator Manual  
NFPA 1451 & 1500

#### **Training Objectives**

- Demonstrate safe apparatus positioning.
- Apply staging, cone layout, and TIMS blocking patterns.
- Review apparatus fundamentals and driver responsibilities.

#### **Lesson Outline (1800–2100)**

##### **1800–1820 – Safety Overview**

Night ops, lane closures.

##### **1820–1850 – Apparatus Review**

Blind spots, backing, response considerations.

##### **1850–1930 – Staging & Parking**

Block-left/right, tapers, safe dismounting.

##### **1930–2045 – Driver Evolutions**

Positioning drills, approach lanes, work zone setup.

##### **2045–2100 – Debrief**

#### **Evaluation**

Staging logic; cone layout accuracy.

#### **Safety / Logistics**

High-visibility PPE; engines in blocking position.

## **Week 3 – Tue Sep 01**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

JC EMS Standing Orders: Trauma

TIMS EMS Guidelines

#### **Training Objectives**

- Perform trauma assessment in restricted spaces.
- Package patients using boards, litters, or KEDs.
- Coordinate EMS care with tool operations.

#### **Lesson Outline (1800–2100)**

##### **1800–1830 – Extrication-Specific Assessment**

Airway, bleeding, confined access.

##### **1830–1900 – Packaging Techniques**

KED, long-board, vehicle-side removal.

##### **1900–2045 – Scenarios**

Side-impact, frontal, rollover patient care.

##### **2045–2100 – Debrief**

#### **Evaluation**

Assessment flow; safe packaging.

#### **Safety / Logistics**

Coordinate with tool operators; eye protection.

## **Week 4 – Tue Sep 08**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

NFPA 1006 Vehicle Rescue

RVFRSO Extrication SOGs

#### **Training Objectives**

- Integrate stabilization, access, and patient care.
- Demonstrate proper tool selection and sequencing.
- Communicate effectively across units.

#### **Lesson Outline (1800–2100)**

##### **1800–1820 – Safety Reset**

Tool zones, PPE, hand signals.

##### **1820–1900 – Tool Review**

Cutters, spreaders, rams.

##### **1900–2045 – Full Extrication Evolutions**

Door pops, dash lifts, tunneling.

##### **2045–2100 – Debrief**

#### **Evaluation**

Tool safety; coordination.

#### **Safety / Logistics**

Zone control; spotters required.

## **Week 5 – Tue Sep 15**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

FHWA TIMS Guidelines

RVFRSO Highway Response SOGs

#### **Training Objectives**

- Set traffic control devices using TIMS principles.
- Demonstrate safe approach and scene protection.
- Navigate structured cone-course challenges.

#### **Lesson Outline (1800–2100)**

##### **1800–1820 – TIMS Overview**

Lanes, tapers, buffer zones.

##### **1820–1850 – Cone Patterns**

Upstream, downstream, shadow vehicle positioning.

##### **1850–2045 – Cone Course A**

Low-speed navigation, backing, spotter communication.

##### **2045–2100 – Debrief**

#### **Evaluation**

Cone accuracy; comms discipline.

#### **Safety / Logistics**

Spotters; slow-speed only.

## **Week 6 – Tue Sep 22**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

JC EMS Standing Orders: Trauma  
Trauma System Guidelines

#### **Training Objectives**

- Identify trauma system activation criteria.
- Package and move trauma patients safely.
- Integrate trauma pathways into decision-making.

#### **Lesson Outline (1800–2100)**

##### **1800–1830 – Trauma System Review**

Criteria and transport decisions.

##### **1830–1900 – Packaging Skills**

Vac-mattress, scoop, long-board.

##### **1900–2045 – Movement Scenarios**

Embankments, confined access, awkward positions.

##### **2045–2100 – Debrief**

#### **Evaluation**

Criteria recognition; movement safety.

#### **Safety / Logistics**

Lift safely; maintain communication.

## **Week 7 – Tue Sep 29**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

FHWA TIMS Manual

Regional Highway Standards

#### **Training Objectives**

- Navigate advanced cone-course setups.
- Reinforce backing, lane transitions, and apparatus positioning.
- Improve scene movement under low-visibility conditions.

#### **Lesson Outline (1800–2100)**

##### **1800–1820 – Safety Refresher**

Spotting, visibility, hand signals.

##### **1820–1850 – Pattern Adjustments**

Curves, high-speed roads, limited shoulders.

##### **1850–2045 – Cone Course B**

Complex paths, timing, precision driving.

##### **2045–2100 – Debrief**

#### **Evaluation**

Driver control; pattern accuracy.

#### **Safety / Logistics**

High-vis; avoid fatigue; spotters required.

## **Week 8 – Tue Oct 06**

### **Cycle 5: Highway / Vehicle Basics**

#### **References**

Cycle 5 SOGs

ICS Assignments

#### **Training Objectives**

- Demonstrate readiness in TIMS, stabilization, and extrication.
- Confirm ICS roles and communication expectations.
- Integrate EMS and suppression roles in unified highway operations.

#### **Lesson Outline (1800–2100)**

##### **1800–1830 – ICS & Drill Overview**

Assignments, hazards, comms.

##### **1830–1930 – Skill Stations**

Cribbing, glass, inner/outer circle, tool checks, TIMS layout.

##### **1930–2045 – Integrated Scenarios**

Mock MVC combining stabilization, access, and EMS.

##### **2045–2100 – Readiness Check**

#### **Evaluation**

Skill cohesion; communication; operational readiness.

#### **Safety / Logistics**

Hydration; lighting; equipment checks.



## **Week 9 – Sat Oct 10**

### **Cycle 5: Highway / Vehicle Basics – Regional Drill**

#### **References**

Regional Highway SOGs  
NFPA 1006 Vehicle Rescue  
JC EMS Trauma Protocols

#### **Training Objectives**

- Operate within ICS during multi-company MVC/extrication.
- Conduct stabilization, glass work, access, and extrication safely.
- Integrate EMS trauma assessment and patient movement.

#### **Drill Outline (0900–1300)**

##### **0900–0915 – Briefing**

Assignments, safety, comms, traffic hazards.

##### **0915–1030 – Rotational Stations**

Stabilization; glass removal; tool evolutions; EMS triage.

##### **1030–1230 – Full MVC Evolutions**

Complex extrications; EMS transfer; TIMS zones maintained.

##### **1230–1300 – Hotwash**

#### **Evaluation**

ICS communication; tool safety; extrication flow; patient care.

#### **Safety / Logistics**

Strict zone control; rehab early; hydrate; roadway hazard emphasis.