

### **Development Programme**

Click on the appropriate level of training required
 Click anywhere this picture to play the PPT

Firefighter Course

Officer Course Day 1

Tabletop Exercise Officer Course Day 2



### Aim

# To familiarise Operational Personnel with Wildfire Operational Incidents



# Learning Outcomes for FF

#### Demonstrate knowledge and awareness of:

- Operational Consideration
- Fuels
- Alignment Factors
- WPS
- Potential Risks
- Safety At incidents
- LACES Protocol
- Communications
- Marshalling Vehicles
- Welfare
- PPE



# Learning Outcomes for Officers

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- Communications
- Marshalling Vehicles
- Welfare
- PPE

- Wildfire Behaviour Modes
- Wildfire Behaviour
- Terminology
- Specialist Wildfire group
- Tactical Consideration
- Suppression Techniques



### Introduction

- Fire fighting techniques at wildfires vary significantly from those used in urban areas. Due to scarcity of water supplies, fires may have to be extinguished by beating, smothering or on occasions be allowed to burn out.
- Crews may have to transport themselves and equipment over rough terrain under arduous conditions with little rest periods.
- Wildfire can have a significant impact on the economy and environment and more importantly can result in serious injury or death to members of the public or to operational personnel.



### Definition Of A Wildfire

- Wildfire is a generic term used to describe any uncontrolled fire in various types of vegetation
- Wildfires may vary in size from a few square metres to hundreds of hectares





# Operational Considerations & Tactics

### Wildfire incidents are inherently dangerous

- The OiC must carry out a Dynamic Risk Assessment and fully brief all personnel on the risks and precautions to be taken
- Due to rapidly changing fire environment the DRA must be continually reviewed



### Considerations On Arrival

- As part of the initial DRA the OiC should consider the following
  - Type of Fuel involved and its height
  - Flame Height: if over 1.5m do not tackle with beaters
  - Alignment factors at the time and what is anticipated to be in 30 minutes
  - Potential for Fire-Spread
  - Risk to life, property, livestock, forestry and the environment



### Wildfire Fuels

### Wildfire fuel types are categorised as:

- Light eg Grass
- Medium eg Heather / Gorse / Bracken
- Heavy eg Timber



### Woodland

- Woodland can be divided into 2 types:
- Naturally Planted or Regenerated Woodland
  - Oak, Beech, Birch, Sycamore, Ash
     These species do not burn readily and require pre-heating
- Commercial Woodland / Forest Schemes
  - Scots Pine, Corsican Pine, Douglas Fir, Larch, Spruce
     These species apart from Larch have a high resin content and burn fiercely. Larch is less flammable and can have a retarding influence on the fire



### **Forest Fires**

#### The main types of fire that occur in forests are:

- Crown Fires
  - fire travels across tops of trees
- Torching Fires
  - fire spreads from bottom to top of tree
- Undergrowth Fire
  - slow build-up of waste vegetation
- Underground Fires
  - occur in thick decayed vegetation
- Ladder Type Fires
  - growing vegetation forms a link between the ground and the upper portion of a tree



# Moor, Heath & Peat Bogs

#### Bracken

usually found growing tall & thick dry bracken presents a high fire spread hazard

#### Peat

 may be to a depth of 12m surface fire spreads below ground and as peat contains its own oxygen it will continue to burn

#### Moorland

 large areas of unenclosed common land can be used as water catchment areas

#### Scrubland

mixed vegetation fire behaviour can be erratic



### Wildfire Incidents

- When dealing with wildfire incidents special consideration should be given to the following:
  - Topography
  - Slope
  - Aspect
  - Altitude
  - Topographical Affect On The Wind
  - Valleys & Gullies



# Topography

- This refers to the features of the landscape such as hills, gullies, valleys etc. Knowledge of how topographical features influence fire behaviour is essential.
- Changes in topography can often affect fire behaviour and can act as trigger points where opportunity for changes to tactics should be considered.
- Fully understanding this concept will allow for appropriate tactics to be applied.



# Slope

#### Burning Upslope

 the flames are nearer to the fuel and therefore it is subjected to a higher level of pre-heating. This along with actual flame contact accelerates fire spread and intensity.

#### Burning Downslope

 has the opposite effect to upslope and therefore fire spread slows

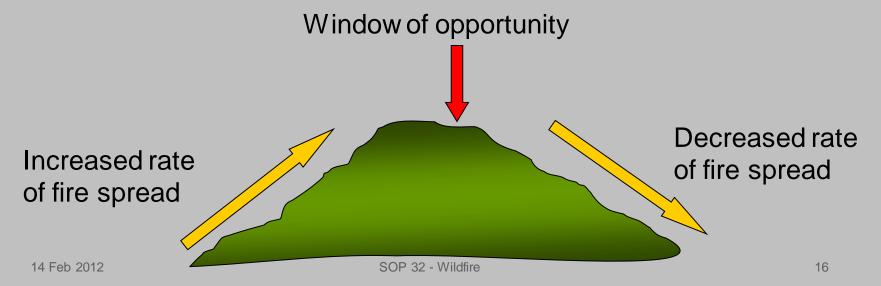
#### Flat Ground

with no wind and an even fuel the fire will burn in a circular pattern



# Slope

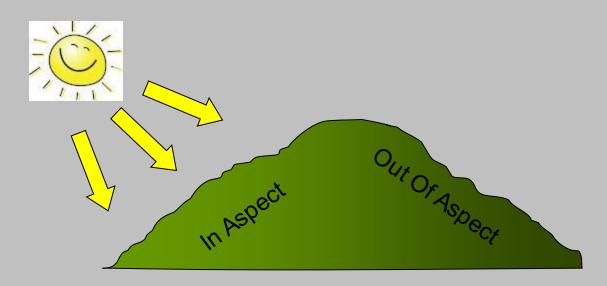
- Fire will gain or reduce speed when travelling up or down a slope
- It is often easier to allow a fire to continue to the top of a slope, allowing the pre-heating effect on fuel to reduce





# Aspect

- Aspect refers to the direction a topographical feature faces, is it in our out of sunlight
- Solar pre-heating can dramatically alter fire behaviour and therefore increase spread and intensity





### **Altitude**

- Increases in altitude will have an effect on the type of vegetation
- There will be a greater temperature drop and night with an increase in humidity & moisture levels



### Wind

- The main driving force behind a wildfire is wind direction & strength
- Large wildfires can in some cases create their own wind, this can cause erratic fire behaviour
- A strong wind can drive the head of the flame closer to the ground causing pre-heating

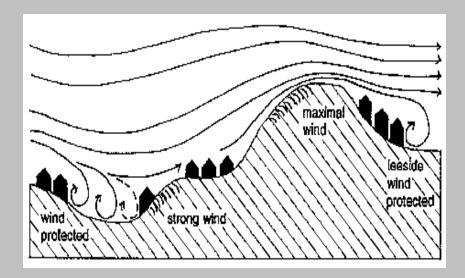
#### **Wind Direction**





### Topographical Affect On the Wind

- Features on the landscape can affect the wind and how it behaves. The rougher the surface the more turbulence created
- Areas of high and low wind activity can be created by features such as ridges





# Valleys & Gullies

- Steep valleys and gullies can act in a similar way to a chimney and accelerate fire spread
- Crews must take extreme care when working upslope of a fire in either of these features





### Wildfire Behaviour Modes

- Wildfire can be described as being in one of 3 behaviour modes:
  - No Alignment
    - influenced by none of the forces
  - Partial Alignment
    - influenced by some of the forces
  - Full Alignment
    - influenced by all of the forces
- Each alignment force (slope, wind, aspect) acting in the fires favour will increase the severity of the fire by a factor of 1.
- This principle gives us an alignment value known as The Alignment Factors



# Alignment Factors

- F0 When it has no fire alignment
- F1 when it has 1 force in its favour
- F2 when it has 2 forces in its favour
- F3 when it has all 3 forces in its favour

IC's can use this tool to set clear, safe and effective operational activities



# Alignment Factors

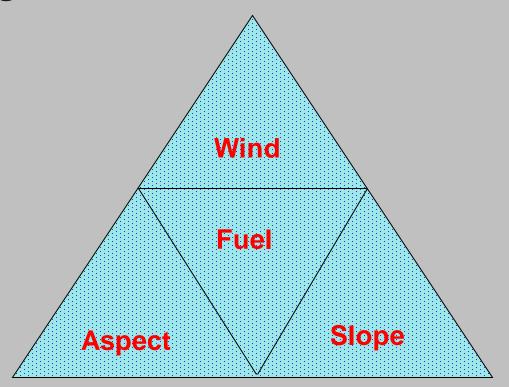






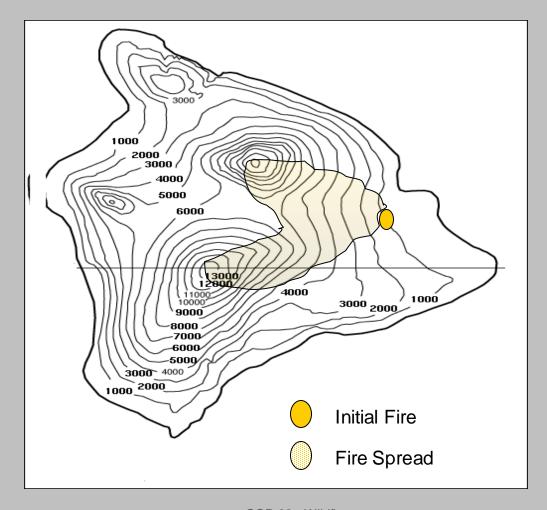
## Potential For Fire-Spread

 When determining the potential for fire spread the following should be taken into account:





# Fire-Spread



Wind Direction



### Potential Risks

- Life
  - Members of the public & personnel fighting the fire
- Property
  - Location of property in relation to fire and direction of fire spread
- Livestock
  - Location of livestock and can it be safely moved
- Forestry
  - Has it economic value or can it be sacrificed
- Environment
  - Location of water catchment areas, effect on wildlife



# Leaving Wildfires To Burn

- Rarely do wildfires involve life risk, however by committing crews to the incident then we are inserting life risk
- Whilst not standard practice consideration should be given to allow a wild fire to burn out
- If this is to happen then arrangements must be made for re-inspection of the incident at specific intervals or times





# Leaving Wildfires To Burn

- If leaving a Wildfire to burn then the following should be factored into the risk assessment
  - Risk to life, property, livestock, forestry, wildlife & environment –
     consider contacting Environmental Agency to confirm action taken is appropriate
  - Time of day
  - Ground conditions & topography
  - Location of infrastructure eg power-lines, water catchments areas etc
  - Location of fire breaks both natural & man made
  - Potential for fuel to burn out
  - Maintaining an NIFRS presence at the incident



# Safety At Incident

- Adopt the LACES protocol
- Safety procedures if surrounded by fire
- Crews operate in minimum teams of 2
- Regular rotation & relief of crews to prevent fatigue
- Monitor crews for signs of dehydration / heat exhaustion
- Appropriate PPE to be worn
- Crews to have torches (due to possible loss of daylight)
- Mobilisation of additional resources eg. Forestry Service, Mountain Rescue, PSNI, DARD



### L.A.C.E.S

LACES is a protocol that must be followed by all personnel on the incident ground

- L Lookouts
- A Awareness
- C Communication System
- E Escape Routes
- S Safety Zone



### Lookouts

- Lookouts must be appointed to ensure safety of personnel
- Each team must have a lookout
- Wildfire Officers may be deployed as lookouts





### **Awareness**

- All personnel must be aware of their role
  - Personnel must appreciate the hazards associated with wildfire, with special consideration given to the following:

Terrain
Vehicles
Smoke
Power Lines

Military Areas
Effects Of Heat

Movement Of

Animals / Wildlife

Fuel Types

Open Water Supplies

Light / Darkness



# Communication System

- Communicating safety issues is the responsibility of everyone
- Supervisors must ensure crews are fully briefed
- Radio contact between the Control Point and the operational personnel must be maintained
- Any changes in operational situation, fire behaviour, tactics or planning must be communicated to all personnel
- Radio Comms to be established with other agencies
- Mobile telephones may be used as a back-up to TETRA



# **Escape Routes**

Escape routes are pre-planned routes that take personnel from a place of danger to an area of safety

- Must be established prior to operations
- Must be continually monitored
- Steep hills or slopes should be avoided
- Appliances should not be parked on roads or pathways that are established escape routes or are likely to be designated as escape routes.





# Safety Zones

Safety Zones are places where personnel can congregate which are deemed to be free from risk of fire

- The width should be at least 1.5 times the height of surrounding vegetation
- Must be large enough to accommodate everyone
- At wildfires the "Black Area" will be the designated safety zone
- Team leaders must ensure that the vegetation within the black area is fully burnt



#### Risks & Hazards

#### Personnel may suffer from or be effected by:

- Burns (including sun burn)
- Smoke inhalation
- Reduced Visibility, Isolation, Disorientation
- Being surrounded by fire
- · Heat stress, exhaustion, dehydration, fatigue
- Slips, Trips & Falls (stumps, rocks, bogs, wildlife burrows)
- Ankle injuries/foot blisters/insect bites & stings



#### Communications

- All personnel fully briefed on risks, tactical mode and all control measures that have been instigated.
- All teams to have use of at least one hand held radio
- Radio communications established with other agencies
- Mobile phones may be used by Wildfire Officers as a back up to TETRA
- In some instances MCA or Mountain Rescue may provide VHF radios to assist with communications



# Marshalling Of Vehicles

- Access for non off road vehicles may be difficult
- Marshalling area should be setup at early stage close to the Incident Control Point
- Roads & tracks may be potential escape routes and should be kept clear
- The management and control of vehicle keys should be considered so as vehicles can be moved if required





#### Welfare

- Welfare Officer should be appointed to manage issues such as feeding, rest areas, fist aid points, drinking water, relief crews etc
- Consider mobilisation of Welfare Module

 Fire Emergency Support Vehicle (FESS) may be mobilised to larger incidents



## PPE

- Wildfire Overall
- Wildfire Boots
- Baseball Cap
- Safety Glasses
- Dust Mask
- Gloves





#### Peel & Reveal

- During the North West Technical Officers' meeting on 2 March 2011 some new information was made available on the issue of what to do in relation to first aid and preventing burn injuries to firefighters after an extreme heat event.
- Upon leaving the risk area the firefighters involved should have all their PPE removed ASAP to prevent heat transfer through the multi-layered fire kit. Because the kit is designed to prevent heat transfer there is a lag before the firefighter involved will feel the heat, however once the heat passes through to the skin the kit's design will actually keep the heat in and exacerbate any burn injuries unless removed. Tech R&D has contacted an A&E Chief Consultant and he confirmed that from his perspective the kit should be removed immediately to assess the extent of any injuries and accelerate any treatment. The casualty should then be treated ABC etc. as normal.







# **SECTION**

B



#### Parts Of A Wildfire

#### Head

 the part of the fire being influenced by the wind and/or slope the fastest moving part of the fire with greatest flame height

#### Flanks

 are slower moving and influence the intensity of the head a change in wind or slope and they can become a head if possible they should be attacked aggressively

#### Tail

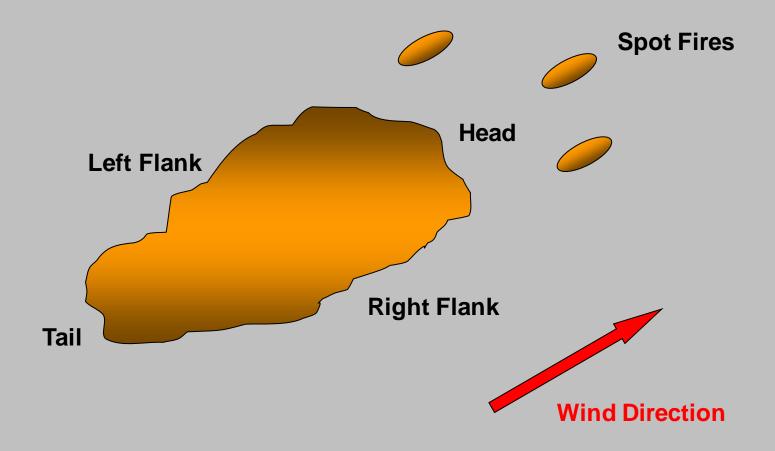
 is the slowest part of the fire as it is usually out of alignment it can be back burning can be influenced by changes in topography or wind direction

#### Spot Fires

 normally found ahead of fire can be caused by burning debris being blown forward can be caused by concealed fire-spread in bogs



## Parts Of A Wildfire





# **Terminology**

- Flame Height
  - average height of flame from ground level
- Flame Angle
  - Angle between the inclined flame and ground at front of fire
- Flaming Zone
  - part of the fire that is actively burning
- Flame Depth
  - the depth of the continuous flaming zone behind the front edge of the fire
- Rate Of Spread
  - the distance a fire spreads over the ground in metres/hour
- Fire Intensity
  - the amount of heat being generated by the fire. Operationally, this can be measured using the flame height as a guide



# Incident Command System

- ICS must be utilised at all wildfire incidents
- Ensures a safe system of work and accountability system for all personnel
- Additional control may be required if incident is spread over a large area
- Forward Control points established to assist the IC
- The IC should stay at the Incident Control Point
- If the IC has to leave the ICP at anytime then they must remain in contact with the ICP



#### Sectorisation

- Should take place at an early stage
- Use officers with appropriate skills, consider using wildfire specialists
- Sectors may be named or numbered differently to how they would be at a building on fire.
- Sector Commanders should stay within their sector to provide direct and visible leadership
- Sector Commanders must be fully briefed and understand the Fire Suppression Plan; they in turn must fully brief all personnel under their command



# Specialist wildfire Group (SWG)

SWG consists of a number of Wildfire Officers (WFOs) who have received specialist training in:

Fire Behaviour
Fire-spread
Fuel Types
Operational procedures
Suppression Techniques

WFOs can provide specialist advice to IC

Teams of WFOs may be deployed at larger incidents to evaluate and attack the fire



#### Mobilisation Of WFOs

- WFOs should be mobilised under the following circumstances:
  - 4 or more appliances in attendance
  - If RCC deem that the attendance of WFOs is appropriate, due to information received at time of call
  - If IC of an incident that has less than 4 appliances requests mobilisation of WFOs

If WFOs are mobilised to incidents that have 4 or more pumps, resources permitting, a minimum of 2 WFOs should be sent



#### Role Of The WFO

- WFOs will assist the IC with assessment of the following factors:
  - Expected Fire-spread
  - Fire Behaviour & Severity
  - Environmental & Economic Impact
  - Fire Suppression Plan
  - Resources Required
  - Time Of Day & Weather
  - Critical Points
  - Safety Issues



# Fire Suppression Plan

- Once WFOs have identified likely fire-spread, fire behaviour & severity they should then formulate a FSP and mark the following information onto a map of the area
  - Fire-spread
  - Fire alignment factors (FO,F1,F2,F3)
  - Actual & predicted fire footprint
  - Areas of high value
  - Areas of operational significance such as 'critical points' or 'windows of opportunity'
  - RV & feeding points
  - Command Areas CP & FCPs

- Allocated resources
- Anchor points
- Safe areas
- Sectors
- Holding areas
- Suitable roads & tracks
- Helicopter landing areas
- Open water supplies



#### Documentation

- At larger incidents the plan should be written down so that:
  - It's fully understood by the Command Team
  - It enables relevant information to be passed on to sectors, teams and individuals
- WFOs, on arrival, will complete the necessary Wildfire Risk Assessment pro forma



# Safety

- The knowledge & skills of WFOs will increase the H&S of personnel on the incident ground
- A safety officer will be mobilised as per the mobilising grid
- WFOs may be appointed as team leaders if a team is operating at the head of a fire and/or operations continue during darkness



# Wildfire Specialist Teams

- Teams may perform a number of roles, which include:
  - Observation of fire behaviour
  - Reconnaissance
  - Identify windows of opportunity
  - Defend critical points
  - Firefighting operations



## Wildfire Specialist Teams

- Teams will consist of 2 6 members
  - Observation & Reconnaissance Teams 2 personnel
  - Firefighting Teams minimum of 4 personnel
- May have to operate on incident ground for lengthy periods of time
- SRT may be deployed along with WFOs to assist in grid search and navigation



#### **Tactical Considerations**

- Initial Attack ICs may adopt offensive or aggressive firefighting tactics at an early stage but only after carrying out a full DRA which should include the following:
  - Current fire situation, including rate of spread, fire behaviour & severity
  - Potential future fire development
  - Access / egress (safe routes)
  - Fuels
  - Critical Points

- Windows of Opportunity
- Terrain including slope/aspect
- Weather information
- Control measures required
- Resources required
- Specific risk identification



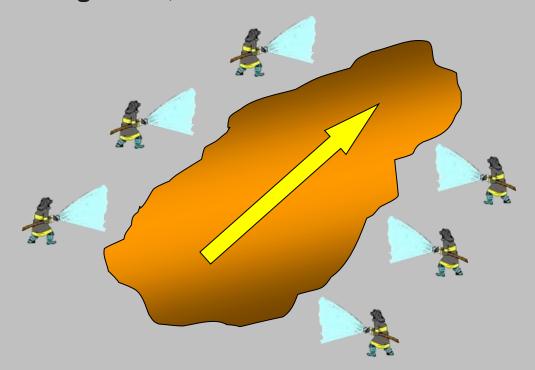
## Wildfire Suppression Techniques

- All personnel must be aware of the plan and have an identified escape route in place
- Is best achieved by establishing a line from which firefighting can be carried out
- May require direct or indirect attack:
  - Applying water
  - Laying or applying foam or other fire retardants
  - Beating out
  - Establish a control line by removing vegetation
- A combination of the above methods may be employed



## Direct Attack

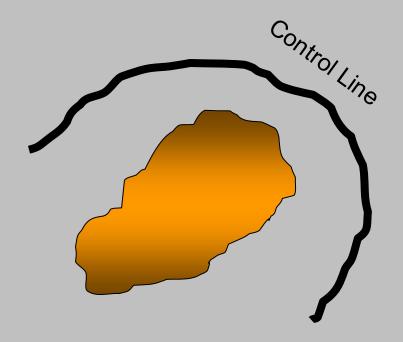
 This is where the fire is attacked at the fire perimeter by teams using water, beaters or hand tools





#### Parallel Attack

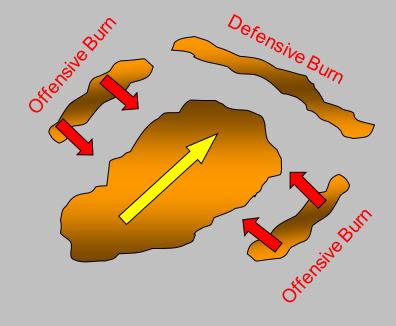
- Involves creating a control line parallel to the fires edge
  - Must be far enough away to ensure crews safety
  - Monitored by WFO's
  - Constructed by hand
  - Constructed by machinery
     Digger
     Plough
     Swipe/Brush Cutter





#### Indirect Attack

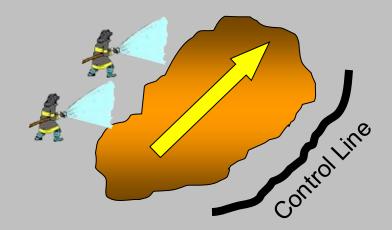
- Firefighting operations are carried out away from the fire perimeter
  - Offensive Burns
     launched directly at the fire to move towards an approaching fire front
  - Defensive Burns
     creates a burn area before the arrival of the fire to starve it of fuel
- Only be used when fire intensity is high with flame height over 3m.
- Most be carried out by specialist officers





# Pinching

- This is a tactic where the flanks of the fire are attacked to prevent the fire-front from widening
  - Lowers the intensity of the fire head
  - Can be direct & indirect attack
  - Lookouts should be aware that a change in wind direction may result in a flank fire becoming a head fire





# Suppression Strategies

- Wildfires are dynamic and their behaviour will change
- All personnel must be aware of these changes
- May mean an increase in fire severity and speed of travel
- Understanding when & where these changes will occur allows for operational plans to put into effect and increases safety



# Suppression Strategies

- Fire Suppression Strategies must be based on understanding
- Consideration should be given to:
  - Predicted fire behaviour
  - Where changes will occur
  - Suppression tactics to be used
  - Available resources

Having considered these factors it is then necessary to identify 'windows of opportunity'



# Suppression Strategies

- Timing is crucial must be within capabilities of available resources
- To commit with insufficient resources will lead to failure
- May be necessary to wait for fire behaviour to change or until more resources become available
- May need to restrict the fire until more resources become available (Pinching)







# **WILDFIRE**

WPS EXERCISE



#### **Aim**

To familiarise Operational Personnel with the Wildfire Prediction System (WPS)



# **Learning Outcomes**

# Demonstrate knowledge & understanding of WPS



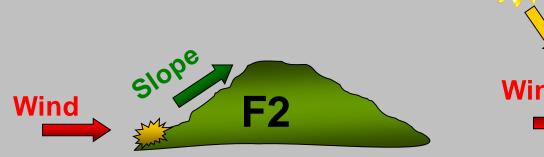
# Alignment Factors & Wildfire Prediction System (WPS)

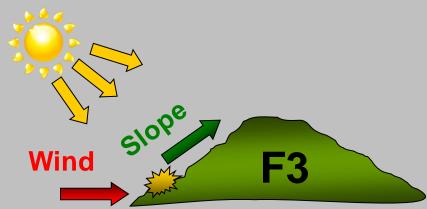
- Wildfire is influenced by 3 factors wind, slope & aspect
- Wildfires are classified as Factor 0, 1, 2 or 3
  - Factor 0 Fire has no factors of alignment in its favour eg. Level ground, in shade with no wind
  - Factor 1 Fire has one factor of alignment in its favour eg. A fire burning uphill with no wind or sun
  - Factor 2 Fire has two factors of alignment eg. Fire burning uphill with sun but no wind
  - Factor 3 Fire has three factors of alignment eg. Fire burning uphill, with the sun and wind blowing in the same direction as the fire



# Alignment Factors



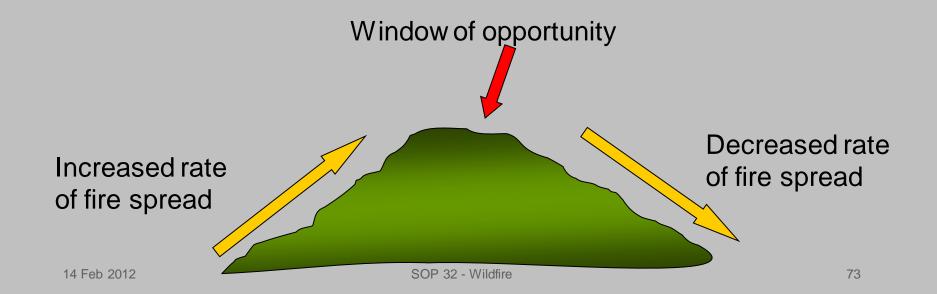






# Slope

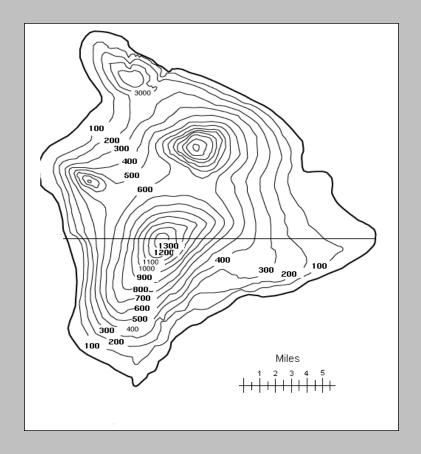
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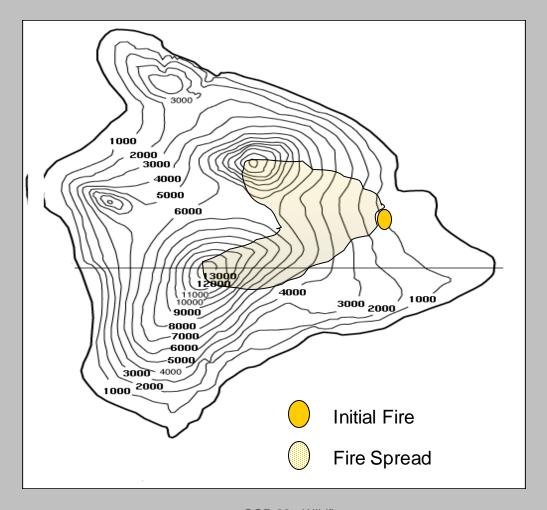
## **Contour Lines**

- A contour line is a line on a map that connects points of equal elevation above a given level, such as sea level
- The lines highlight changes in elevation
- Shows valleys and hills, and the steepness of slopes
- The closer the lines are together the steeper the slope





# Fire-Spread



Wind Direction



# **QUESTIONS**



# WILDFIRE

MAP READING



# TIMETABLE

Timings	Event	Comments
0930 - 0945	Welcome & Introduction	
0945 - 1030	An Introduction to Map Reading	
1030 - 1045	Tea Break	
1045 - 1130	Map Reading Practice	Team Leaders
1130 - 1145	Move to Exercise Location	
1145 - 1200	Safety Brief	
1200 - 1500	Practical Exercise	
1500 - 1600	Debrief	
1600	Depart	



# **TEAMS**

TEAM 1	TEAM 2	



# **TEAMS**

TEAM 3	TEAM 4



# **TEAMS**

TEAM 5	TEAM 6



# Map Reading: An essential skill for a Wildfire Officer

- General awareness
- Resource deployment
- LACES
- Slope of ground
- Distance measurement
- Hazard awareness
- Water features
- Relief: alteration of fire behaviour

- Vantage points
- Wind activity
- Tactical considerations based on trigger points
- Welfare
- Increased altitude
- MEDEVAC, HLZ, Search.



# What Is A Map?

- A simplified birds eye view of a piece of ground, drawn to scale, showing physical and man made features. It may also show relief.
- When a map shows all of these features it is known as a topographical map



## Distance & Scale

1:25,000

1 cm = 25,000 cm or 250 metres

1:50,000

1 cm = 50,000 cm or 500 metres



# Map Key



## Grid References

## Letter first though not always essential

4 figure GR: 1km² accuracy

• 6 figure GR: 100m² accuracy

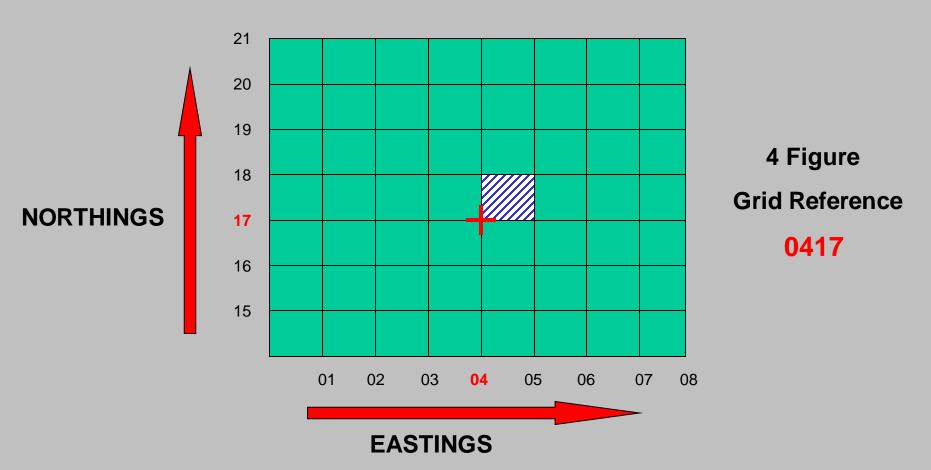
• \*8 figure GR: 10m² accuracy

• 10 figure GR: 1m<sup>2</sup> accuracy/

**GPS** only

## Along the Corridor & Up the Stairs







What is the main feature in :

'Grid Square - - - '

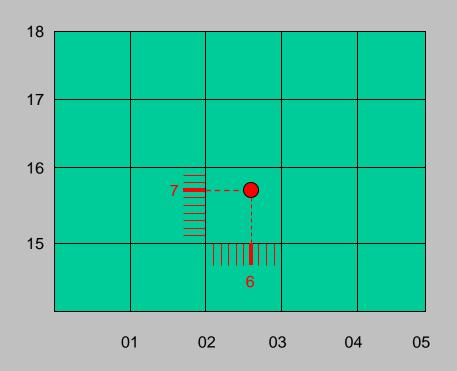
**Answer-**

What type of wood is located in :

'Grid Square - - - '

Answer -





6 Figure
Grid Reference
026157

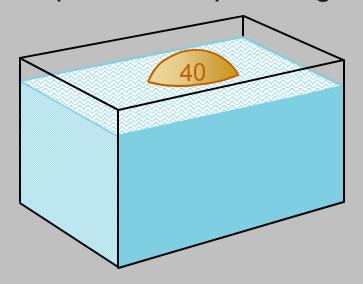


- What is the main feature at 'Grid Reference': - - Answer –
- What is the main feature at 'Grid Reference': - - Answer -
- Give me a 6 figure 'Grid Reference' for: - - Answer: -

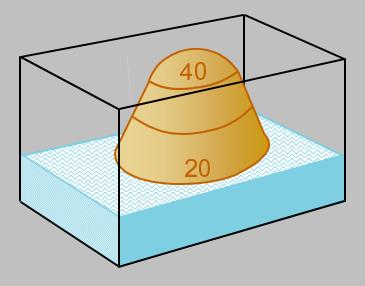


## Contours

 A Contour Line is a line drawn on a map joining all points of equal height above mean sea level



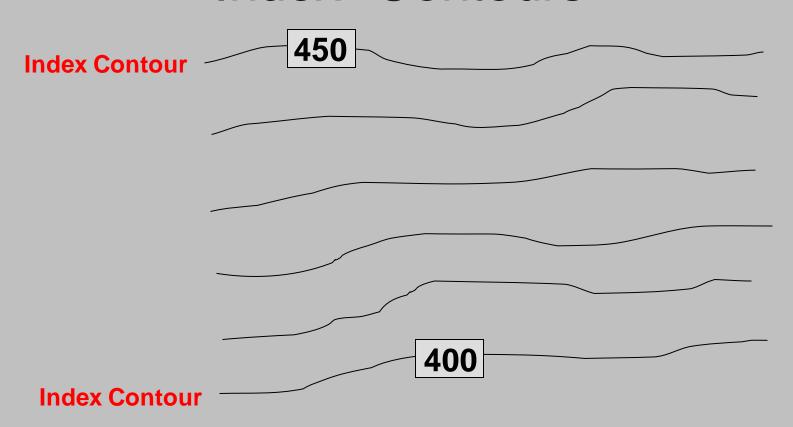
Water level 40 m



Water level 20 m

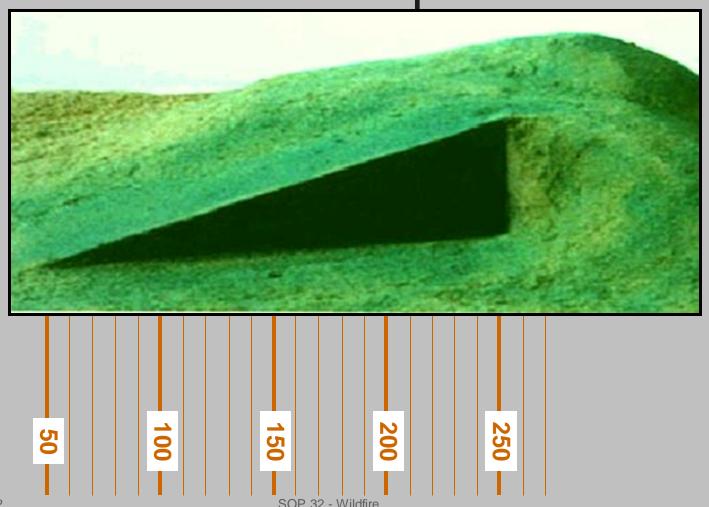


## Index Contours



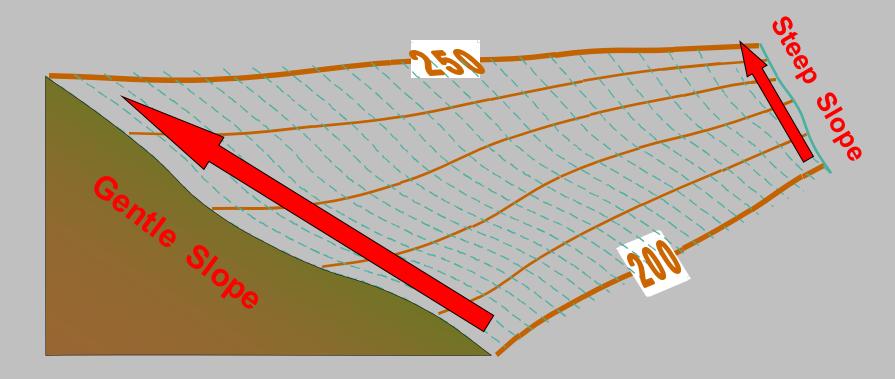


Even Slope



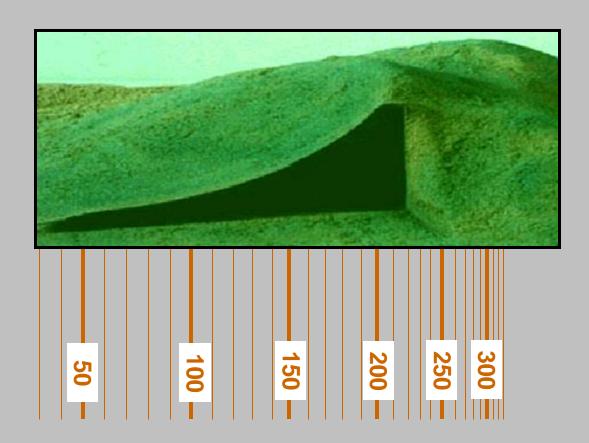


# Slopes



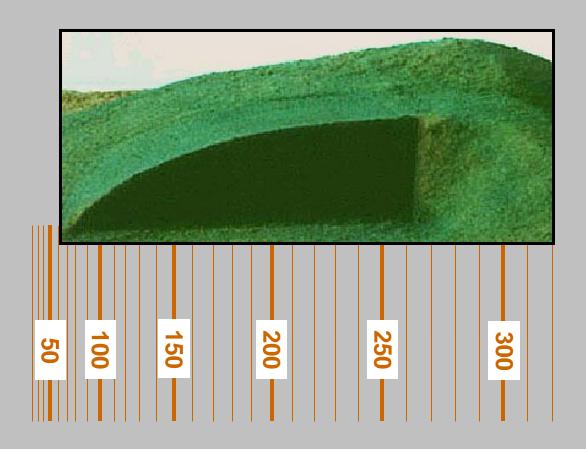


# Concave Slope



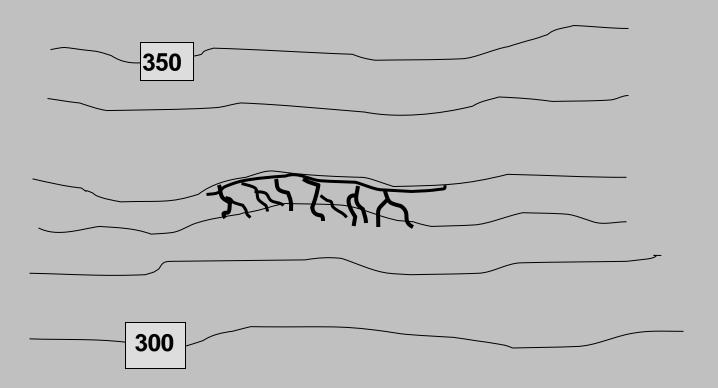


# Convex Slope



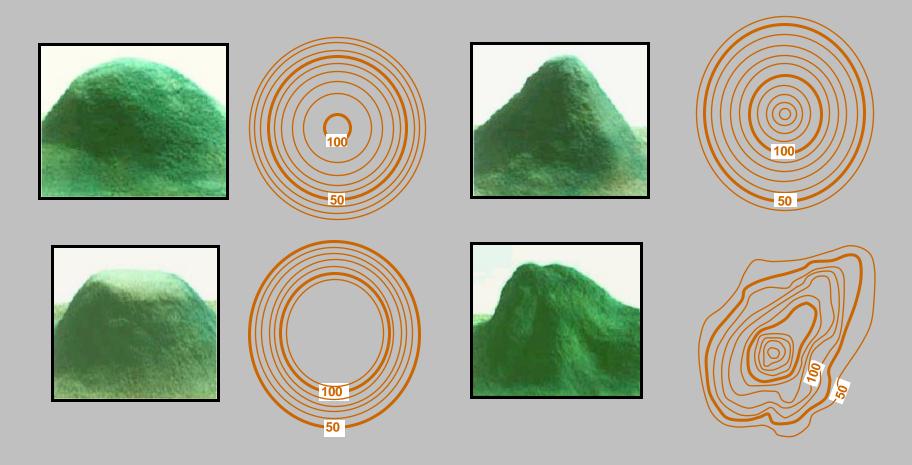


# Cliffs



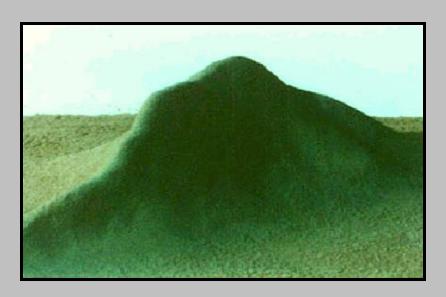


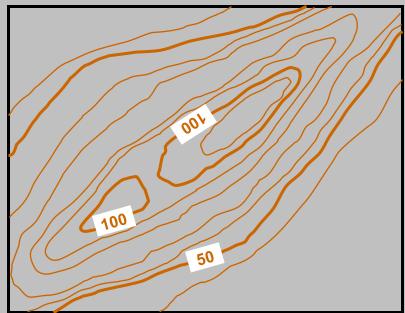
# Hills





# Ridge







## QUIZ

 What sort of gradient is located at 'Grid Reference': ---- Answer –

 What is the feature located at 'Grid Reference': ---- Answer –

Give a 6 figure 'Grid Reference' for the top of a cliff
 Answer: - - - - -



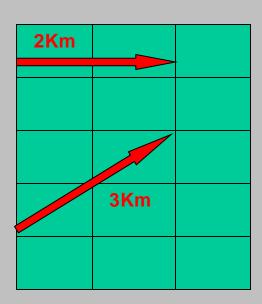
## Scale & Distance

Estimation of East - West, North - South and diagonal distances on a 1:25,000 scale map by use of grid lines

1 grid square

= 4 cm

= 1 Km





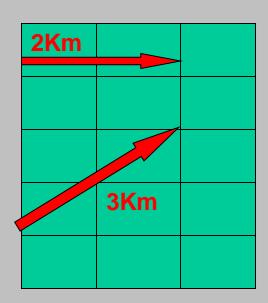
## Scale & Distance

Estimation of East - West, North - South and diagonal distances on a 1:50,000 scale map by use of grid lines

1 grid square

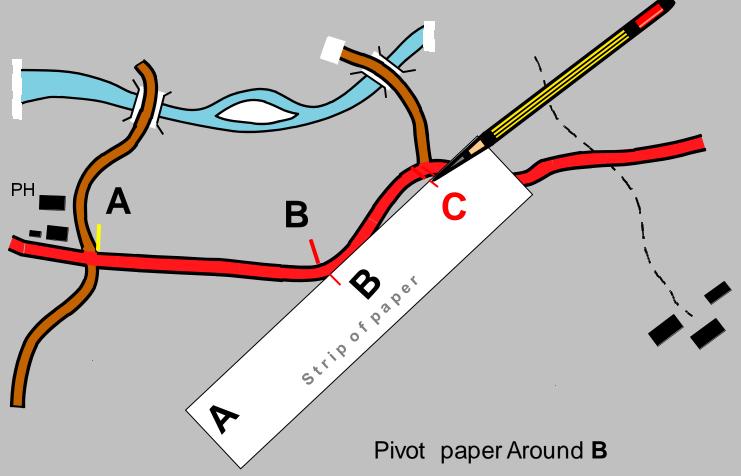
= 2 cm

= 1 Km



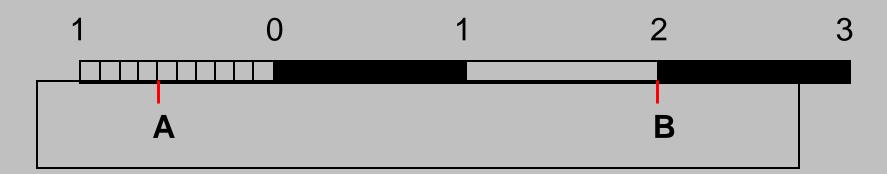


## Scale & Distance





## USING A SCALE LINE



Move paper until point B against a whole division

Read distance from B to A

2 Whole Km + 0.6Km = 2.6Km



# Measuring Distances

- What is the length of ......
   Answer –
- What is the distance along the road between the junction at - - - - and the junction at

#### Answer -

 What is the length of the ...... which starts at Grid Reference - - - - -

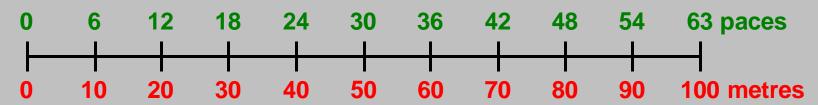
Answer -



# Pacing ... made easy

Example: 60 paces = 100 metres

6 paces = 10 metres



If you walk 108 paces

**60 paces = 100 metres** 

48 paces = 80 metres

**108 paces = 180 metres** 

Then to walk 240m

**200 metres = 120 paces** 

40 metres = 24 paces

**240 metres = 144 paces** 



## Naismiths Rule

# Add one minute to your journey time for every ten metres ascended (every contour climbed)

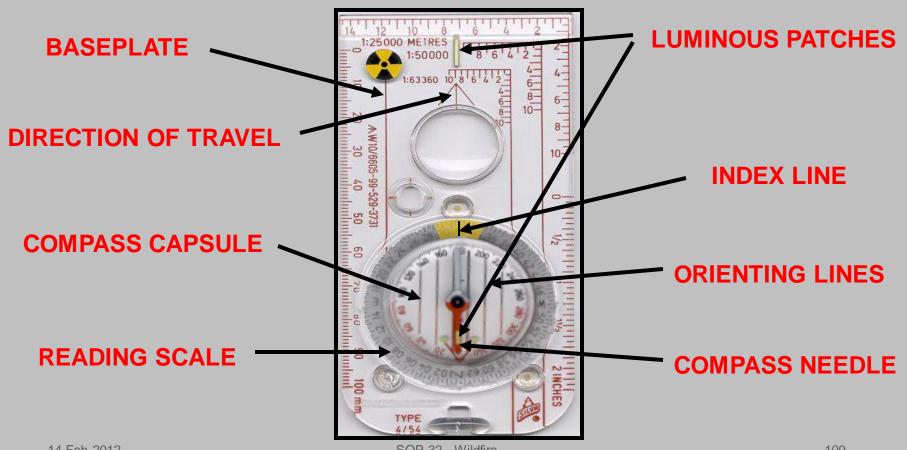


# Contouring

Remember the straightest line between your starting point and destination may not be the quickest, safest or easiest

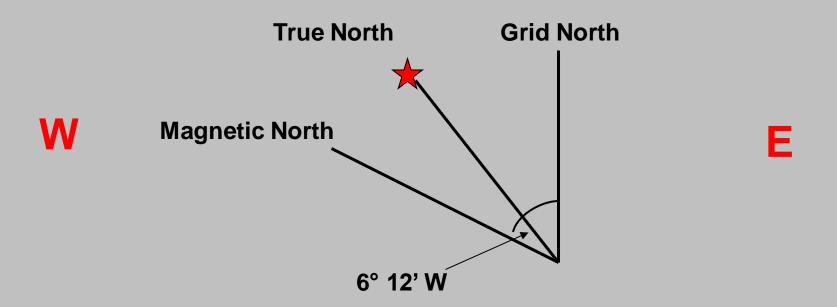


# Compass





# Magnetic Variation



Mourne Map: Variation 6° 12' W decreasing about 0° 10' E annually



# Bearing

TAKING A GRID BEARING

MARCHING ON A MAGNETIC BEARING



# Step by Step

- Estimate direction of travel
- Mark two points with red pen
- Align black line of compass base plate
- Rotate housing until orienting lines are aligned with grid lines
- Add magnetic variation, read off bearing
- Hold compass level and follow direction of travel arrow



## Quiz



# SAFETY IN REMOTE AND MOUNTAINOUS TERRAIN



# Self & Group Safety

- PPE
- Fitness
- Comms
- No Lone Working
- Escape Routes
- First Aid
- Food & Hygiene



## Personal Kit List

- Rucksack
- Waterproofs
- Walking Boots
- Gaiters (Wet Conditions)
- Moisture Wicking Clothing
- Hat & Gloves

- Torch + Backup
- Whistle
- Map + Compass
- GPS
- Comms
- Sun Protection
- Food & Liquid
- Personal First Aid

### **DO NOT OVER PACK**



# Getting Around

- Avoid travelling for long distances on slopes.
- Zig zag on steep slopes, scree or loose rock
- Try to stay on tracks
- Proceed at the pace of the slowest team member



# **QUESTIONS**

