



WINDOW BAILOUT WITH PETZEL – SILL HOOK

Scarsdale Volunteer Fire Department – Scarsdale, New York

Captain Lou Mancini

Skills Sheet 01-01-01

Last Updated July 1, 2021

OBJECTIVES:

1. The Firefighter, after donning full PPE and SCBA, will call a Mayday and deploy his Petzel bailout system and while utilizing the “sill hook” technique will effectively and safely perform a window bailout.
2. Identify all parts of the Petzl EXO bailout system, their functions, abilities, and use.
3. Become familiar and proficient in calling a Mayday and use of LUNAR acronym (Location, Unit, Name, Assignment and Resources needed).

Equipment Needed: Full PPE, SCBA, Gemtor Harness, Petzl EXO bailout system, Sterling Lighting GT hook

Bailout training will be performed utilizing the Window Bailout prop at SFD Headquarters with at least two (2) Volunteer Officers, or at SFD Training Building with additional supervision.

Resources: IFSTA Essentials of Fire Fighting and Department Operations, 7th ed., Gemtor, Petzel and Sterling Manufacturer’s recommendations and training videos (see below).

EXO – Personal Escape System for Firefighters – Petzl <https://www.youtube.com/watch?v=GqPyDMH6Xs8>

Petzl EXO: Firefighter Personal Escape - <https://www.youtube.com/watch?v=u--5QawwiZk>

Sterling Rope Lighting Hook and Lightning GT - <https://www.youtube.com/watch?v=2vfIIJ2FHxo>

Sterling Rope Lightning Anchor Hook and Lightning GT - <https://www.youtube.com/watch?v=DycW7nKC-Ck>

The Firefighter Bailout – Fire Engineering - <https://www.youtube.com/watch?v=ePcTB2dPHms>

SILL HOOK EMERGENCY WINDOW BAILOUT:

1. Firefighter in full PPE and SCBA will recognize the necessity for an emergency window bailout and will call a Mayday.
2. Identify window and breach if necessary. Firefighter will stay low to the ground prior to exiting the window.
3. Find bailout hook and aggressively “pull up” getting the descending device in front of you.
4. Firefighter should “cup” the hook in your left hand and place hook and left hand in the left corner of the window sill. Your left hand holds the hook in place and “secures you to the sill.

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5. Firefighter's right hand should be on the rope between the decender and your rope bag, staying closer to the decender.
6. While staying low in the window and maintaining pressure on the hook, exit the window low and at a diagonal angle, with your right hand at "Five O'Clock" position. Remember to "Punch out to 5 o'clock" with your head aiming down.
7. While exiting your, right leg should follow you out the window, but your left leg should stay inside, hooking the window and stopping you momentarily. When you decide to continue, your left leg should exit the building and you should become upright with your left hand still on the sill. Once you are weighted into the system, release your left hand.
8. Firefighter will operate the decender with the left hand and your right should be pointed out to 3 o'clock with rope in hand, feeding the rope out of your bag.
9. Decend slowly to the ground.
10. Following completed bailout, Firefighter will inspect the bailout system rope and repack and reset the bailout system.