

Summary Report for Individual Task
052-247-1309
Perform a Self Rescue from a Jammed Rack
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Leonard Wood MO/MSCOE foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: You are a member of an Urban Search and Rescue (US&R) team and are given a life safety rescue harness, a fixed rope system, brake bar rack, one short and one long prusik ascender. You are performing a rappel from a high angle rope rescue and encounter a jam in the brake bar rack. This task should not be trained in MOPP 4.

Standard: Perform a self rescue from a jammed rack during a high angle rope rescue and continue the rappel to the ground in a controlled manner.

Special Condition: None

Safety Risk: High

MOPP 4: Never

Task Statements

Cue: None

DANGER
None

WARNING
None

CAUTION
None

Remarks: All required references and technical manuals will be provided by the local US&R Command.

Notes: None

Performance Steps

1. Stop the rappel and determine what is caught in the brake bar rack.

Note: The term "brake bar rack" will be referred to as "rack" throughout the rest of the task.

2. Lock off the rack.

Note: If the item is so entangled that you are unable to lock off the rack in a normal manner, make the tie above the rack on the main-line.

a. Take the rope with your brake hand and pull it away from you to the top of the rack and toward the anchor.

b. Pull the rope over to the side of the rack and across the hyperbar (with your brake hand) between the rack frame and the pin at the end of the hyperbar so that the rope runs across the top bar.

c. Bring the rope back toward you, pulling it taut so that it locks all of the bars together.

Note: Do not pull the rope down too tight. If the rope is pulled below the first bar, you will need to perform a self-rescue or be rescued by a team member.

d. Bring the rope through the two legs of the rack and across the bottom bar.

e. Form a large bight of rope and tie a double overhand knot on the standing part of the rope just above the rack.

Note: If you are unable to reach above the rack to tie the knot, tie the double overhand knot around the entire rack. Ensure there is no slack in the rope running over the bar, nor space between the bars.

3. Attach the ascenders to the main-line rope system.

a. Double wrap a short prusik ascender above the rack and clip it to the chest D-ring harness attachment with an extra carabiner.

b. Slide the short prusik ascender up as high as it will go.

c. Double wrap the long foot ascender above the rack just below the short one and attach the end of loop to your foot.

4. Shift your weight onto the ascenders and remove the weight from the rack.

5. Unlock the rack and remove the obstruction.

6. Re-attach the rack to the main-line rope system (as needed).

Note: Always rig the rack with a minimum of six bars and then adjust as necessary once you start your descent.

a. Hold the rack in front of your body with your guide hand.

b. Disengage all bars except the top one on the rack by sliding them one at a time toward the bottom of the brake bar rack.

c. Squeeze the two legs of the rack together with one hand and flip back each bar with the other hand.

Note: Do not pull the rope down too tight. If the rope is pulled below the first bar, you will need to perform a self-rescue or be rescued by a team member.

d. Pick up the rope with your brake hand and guide the rope between the two legs on the rack and across the top bar.

Note: Do not pass the rope between the top bar and the bend on the rack. This results in pinching the rope by making the descender harder to control and causing excessive wear on the rack.

e. Reach down below the rack, grab the rope and pull it across the top bar away from you (toward the anchor) pulling the slack out of it.

f. Clip in the second bar at the bottom of the rack with the other hand and slide it up to trap the rope between it and the top bar.

g. Bring the free end of the rope back across the second bar, pulling it toward the anchor so that the second bar is snugged in by the force of the rope pulling against it.

Note: The rope must be on the side of the bar opposite the notch to hold the bar in place on the rack frame.

h. Repeat the process with the remainder of the bars until all six have been clipped in.

7. Lock off the rack (see step two above).

8. Remove the ascenders from the main-line rope system.

a. Remove top ascender by shifting all your weight on the foot ascender and remove the weight from your top ascender.

b. Remove the top ascender from the main-line rope and attach it to the equipment sling on your life safety harness.

c. Shift your weight off the foot ascender onto the rack by lifting up your foot and sitting down in your life safety harness.

d. Remove the foot ascender from the main-line rope and attach it to the equipment sling on your life safety harness.

9. Unlock the rack.

Note: When unlocking the rack, always keep a firm grip on the rope and allow no slack in the brake end of the rope.

a. Untie the overhand knot, while maintaining constant tension on the rope with your brake hand.

b. Slowly lower the rope to return to the "stop" position.

c. Resume your guide hand's normal position of cradling the bars.

10. Continue to rappel to the ground in a controlled manner. (See task 052-247-1308)

11. Remove the rack from the main-line rope system. (See task (052-247-1308)

12. Give the commands "off belay" and "off rappel".

Note: Rappeller receives the confirmation commands from the belayer "belay off" and "rappel off" from the belayer.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all measures are passed (P). Score the Soldier a NO-GO if any measure is failed (F). If the Soldier fails any measure, show him how to do it correctly.

Evaluation Preparation: Setup: Provide the Soldier with all the items listed in the conditions.
Brief the Soldier: Tell the Soldier to Perform a Self Rescue from a Jammed Rack.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Stopped the rappel and determined what was caught in the brake bar rack.			
2. Locked off the rack.			
3. Attached the ascenders to main-line rope system.			
4. Shifted their weight onto the ascenders and removed the weight from the rack.			
5. Unlocked the rack and removed the obstruction.			
6. Re-attached the rack to main-line rope system (as needed).			
7. Locked off the rack (see step two above).			
8. Removed the ascenders from the main-line rope system.			
9. Unlocked the rack.			
10. Continued to rappel to the ground in a controlled manner. (See task 052-247-1308)			
11. Removed the rack from the main-line rope system. (See task 052-247-1308)			
12. Gave the commands "off belay" and "off rappel".			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	ISBN 13: 9781428320567	Technical Rescuer-Rope Levels 1 and 2	No	No
	NFPA 1006	Standard for Rescue Technician Professional Qualifications	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

Safety: In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
052-247-1303	Belay a Falling Load	052 - Engineer (Individual)	Approved
052-247-1304	Construct a Fixed Rope System	052 - Engineer (Individual)	Analysis
052-247-1308	Rappel a Fixed Rope System	052 - Engineer (Individual)	Approved
052-247-1301	Tie Knots, Bends, and Hitches for Rope Rescues	052 - Engineer (Individual)	Reviewed

Supported Individual Tasks :

Task Number	Title	Proponent	Status
052-247-1301	Tie Knots, Bends, and Hitches for Rope Rescues	052 - Engineer (Individual)	Reviewed

Supported Collective Tasks : None