

Summary Report for Individual Task
052-247-1310
Rescue a Conscious Victim from a Suspended Location
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 high angle rope rescue incident, a fixed rope system, a life safety harness, brake bar rack, personal protective equipment (PPE), carabiners, pick-off strap, a fixed belay system and a conscious victim wearing a safety harness. This task should not be trained in MOPP 4.

Standard: Rescue a conscious victim from a suspended location in a high angle environment ensuring that you rig all equipment properly, conduct a system safety check, give verbal instructions to victim, transfer victim onto the fixed rope system using a pick-off strap, rappel to the ground in a controlled manner without causing further injury to the victim IAW National Fire Protection Association (NFPA) 1006.

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: Unless stated otherwise, masculine nouns and pronouns do not refer exclusively to men.

Performance Steps

1. Ensure the belayer is in position.
2. Don the life safety harness and other required PPE.
3. Attach the belay line to the life safety harness with a carabiner.
4. Attach the brake bar rack to the pelvic d-ring on the life safety harness with a carabiner.
Note: The term "brake bar rack" will be referred to as a "rack" throughout the rest of the task.
5. Attach the rack to the main-line rope system.
Note: Always rig the rack with all six bars engaged and adjust them once you start your descent.
 - a. Hold the rack in front of the body with the guide hand.
 - b. Disengage all the bars except the top one on the rack by sliding them one at a time toward the bottom of the 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, excessive wear on the rack and makes the descender harder to control.
 - e. Reach down below the rack, grab the rope and pull it across the top bar, 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 running end of the rope back across the second bar, pulling it so the second bar is snug.
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.



Figure 052-247-1310-1
Rig the Rack

6. Prepare the pick-off strap for the rescue.
Note: Do not attach the pick-off strap to your life safety harness but to the brake bar rack.
 - a. Clip a carabiner into one end of the adjustable pick-off strap and leave the carabiner unlocked.
 - b. Attach the other end of the pick-off strap into the tie-in point of the brake bar rack with an additional carabiner.

c. Lock the carabiner that connects the pick-off strap to the brake bar rack tie-in point.

7. Request a system safety check. (See task 031-627-2152)

WARNING

A major concern with getting over the edge with a rack is the possibility of catching the device on the edge. This can happen with any rappel device. However, because of the rack's length, you need to be particularly careful not to catch it on the edge. The solution to this problem is to avoid the edge catch. As you go over the edge, make sure you lean out enough and push back with your feet before you step down so that the rappel device clears the edge before the rope lies across the edge.

8. Give the command "on belay".

Note: Rapeller receives the confirmation command "belay on" from the belayer.

9. Give the command "on rappel".

Note: Rapeller receives the confirmation command "rappel on" from the belayer.

10. Move into position on the rappel site.

a. Begin backing toward the edge.

b. Lean back against the rope and put weight on the system.

c. Stand with the arches of your feet on the edge, with a slight bend in your knees.

d. Position your brake hand (dominant hand) 30 degrees from the rack next to your body.

e. Position your control hand just above the rack on the rope and out of the way of the bars.

11. Begin the rappel.

a. Step down with one foot, then a short step with the other, to regain a balanced position.

b. Maneuver down the side of the rappel site into a good "L" position by spreading the bars apart toward you as you ease your grip on the rope with your brake hand.

c. Continue the descent down slope in a controlled manner by controlling your descent with the brake hand and if necessary, with the guide hand on the bars.

Note: If you are unable to move, use the guide hand to pull the bars down toward you.

12. Stop your rappel about two feet above the victim.

13. Lock off the rack.

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.
- d. Bring the rope through the two legs of the rack and across the bottom bar.
- e. Pull the rope away from you, toward the anchor, in the same path as you did before to the "stop" position.
Note: Pull the rope firmly so that all rope sections are taut and the bars are locked together.

- f. 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 or space between the bars.



Figure 052-247-1310-2
Lock off rack

- 14. Give verbal instructions to calm the victim and begin medical evaluation.
- 15. Attach the bottom pick-off strap carabiner to the victim's safety harness pelvic tie-in point.
Note: Do not clip into any parts of the harness not meant to support the load of the wearer.
 - a. Lock the carabiner.
 - b. Adjust the pick-off strap to eliminate slack.
- 16. Brace yourself by spreading your legs wide and placing your feet up against the wall.
- 17. Transfer the victim's weight onto the pick-off strap, being careful to avoid shock loading the rope system.
 - a. Instruct the victim to get into a seated position.
 - b. Instruct the victim to place his legs in between yours.
 - c. Instruct the victim to remove his own safety tether from the safety harness (as needed).
 - d. Instruct the victim to place his hands on top of your legs for support.
 - e. Instruct the victim (while still holding your legs) to slowly swing down between your legs until his weight comes onto the sling.

18. 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.

19. Continue to rappel to the ground in a controlled manner.

Note: Do not cause further injury to the victim during the operation.

20. Remove the equipment from the main-line rope system and victim.

- a. Instruct the victim to lie down once he reaches the ground.
- b. Straddle the victim once you reach the ground.
- c. Disconnect victim's pick-off strap from the rack.
- d. Remove the rack from main-line rope system.

(1) Squat down to get slack in the rappel line.

(2) Stand up to disconnect the rappel line.

(3) Pull the rope back in the direction of the anchor with your brake hand so that it uncovers the bottom bar completely.

(4) Squeeze the legs of the rack together using your guide hand and unclip the bottom bar.

(5) Let the bar slide to the bottom of the rack.

(6) Move the rope back through the leg of the rack with your brake hand, uncovering the next bar up and pulling the rope back toward the anchor.

(7) Unclip the next bar up with your guide hand.

(8) Continue this procedure until all bars have been disengaged.

- e. Secure the victim's pick-off strap and carabiners.

21. Give the command of "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 measures failed (F). If the Soldier fails any measures, show them how to do it correctly.

Evaluation Preparation: Set-up: Provide the Soldier with all items listed in the conditions. Brief Soldier: Tell Soldier to Rescue a Victim from a Suspended Location.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Ensured the belayer was in position.			
2. Donned the life safety harness and other required PPE.			
3. Attached the belay line to the life safety harness with a carabiner.			
4. Attached the brake bar rack to the pelvic d-ring on the life safety harness with a carabiner.			
5. Attached the rack to the main-line rope system.			
6. Prepared the pick-off strap for the rescue.			
7. Requested a system safety check. (See task 031-627-2152)			
8. Gave the command "on belay".			
9. Gave the command "on rappel".			
10. Moved into position on the rappel site.			
11. Began the rappel.			
12. Stopped the rappel about two feet above the victim.			
13. Locked off the rack.			
14. Gave verbal instructions to calm the victim and began medical evaluation.			
15. Attached the bottom pick-off strap carabiner to the victim's safety harness pelvic tie-in point.			
16. Braced self by spreading legs wide and placing feet up against the wall.			
17. Transferred the victim's weight onto the pick-off strap and avoided shock loading the rope system.			
18. Unlocked the rack.			
19. Continued to rappel to the ground in a controlled manner.			
20. Removed the equipment from the main-line rope system.			
21. Gave the command of "off belay" and "off rappel".			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	ISBN-10: 1428324100 ISBN-13: 9781428324107	High Angle Rescue Techniques, 3d Edition 1st Edition George J. Browne, Gus Crist	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
031-627-2153	Operate a Belay System	031 - CBRN (Individual)	Approved
052-247-1304	Construct a Fixed Rope System	052 - Engineer (Individual)	Reviewed
031-627-2152	Conduct a System Safety Check	031 - CBRN (Individual)	Approved
031-627-2151	Construct a Belay System	031 - CBRN (Individual)	Approved
031-627-2148	Construct a Single Point Anchor System	031 - CBRN (Individual)	Approved
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)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None