



# SEATTLE FIRE DEPARTMENT FIREFIGHTER I

Skill Sheet

## Ladder Climbing

### 5.3.6- Ladders

**Recruit:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This is a skill station and is not scenario based. You will climb and descend ground ladders and transition in and out of a building from a ladder.

STANDARD: NFPA 1001, 2013 Edition 5.3.6	TASK: Climb and descend ladders, safely climb into and out of buildings on ladders.				
PERFORMANCE OUTCOME: The recruit will climb and descend ladders safely and safely enter and exit buildings using ladders.					
CONDITIONS: Given a ladder secured at a window sill and a ladder secured 3+ rungs above a balcony rail, the recruit will:					
No.	TASK STEPS	FIRST TEST		RETEST	
		Pass	Fail	Pass	Fail
1	Ascend and Descend a Ladder a) Hands on beams b) Looking forward or up c) Feet to the outside of the rungs d) Ascend ladder, placing only 1 foot on each rung **				
2	Climb into a window (for Right side entry) a) Grasp both the exterior and interior of the wall on the right side b) Dip head to the right and down on the exterior c) Swing left leg over the sill and sound the floor d) Position head on the inside of the wall e) Bring right leg inside.				
3	Climb out of a window (for Right side exit) a) Grasp both the exterior and interior of the wall on the right side b) Dip head to the right and down on the interior c) Swing left leg over the sill and onto the ladder with the toe pointing towards the building d) Position head on the outside of the wall e) Bring right leg on to the ladder.				
4	Climb onto a balcony (for Right side entry) a) Climb until the railing is at waist level b) Swing the right leg over the rail and grasp the right beam with both hands c) Sound the balcony and step onto it d) Swing the right leg over the rail				
5	Climb off of a balcony (for Right side exit) a) Grasp the left beam with both hands b) Swing the right leg over the railing and onto the ladder with the toe pointing towards the building c) Grasp the right beam with the right hand d) Bring the left leg onto the ladder				
**	Climbing must be without pause				



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## FIREFIGHTER I

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Instructor/Recruit Comments:

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**Instructor (Print & Sign)**

**Date**

**Recruit**

**Date**