

## Appendix 11

### Fire Service College Hot BA Wear Protocol (2013)

- 1.1.1. Ensure that at a maximum of twenty minute intervals a check is carried out with all BA safety officers who are under their supervision clarifying cylinder contents and rate of perceived exertion. This information must be recorded onto the staff safety board including time of check and remain there until conclusion of the training activity;
- 1.1.2. Ensure that in the event that any BA safety officer returns a rate of perceived exertion of **3**, he/she is immediately rested or replaced by another BA safety officer. The BA safety officer must not be used again and must be released in order to undertake active cooling measures. On an occasion were BA safety Officer registers a exertion rating of 4 this will be treated as a near miss and the appropriate procedures should be implemented;  
**Note - although the procedure calls for 20 minute checks, this duration may be reduced as a control measure at the discretion of the staff safety officer.**
- 1.1.3. Ensure that when BA safety officers exit from the training venue on conclusion of the training activity, their tallies are removed from the staff safety board and returned to the respective BA safety officer;
- 1.1.4. Ensure that on conclusion of the training activity, the welfare of the BA safety officers is checked on and any adverse safety events reported to the Exercise Director as soon as is practicable. In line with the BA welfare Procedure.
- 1.1.5. The rating recorded by the SSO will be used to monitor BA wearer welfare over a rolling 30 day period. When carrying out FBT training in the units staff will be responsible for entering their own ratings as per the procedure. A score of 3 will be entered for each wear.
- 1.1.6. If any staff member reaches an ER of 4 in any single wear, they will not be allowed to wear again that day or the next day. Course Directors must report all heat induced illnesses/injuries to include a reported perceived exertion rating of **4** in line with the **How to investigate a safety event procedure**.
- 1.1.7. A total score of 20 will not be exceeded in a rolling 30 day period.
- 1.1.8. For every day you are not wearing BA your score will reduce by 2.
- 1.1.9. This information will be collated by the SSO. The information will be inputted to a database on the intranet on a daily basis. Where the SSO is an associate this will be done by the Course Director.

1.1.10. Information to be collated:

1.1.10.1. Name of wearer

1.1.10.2. Name of course

1.1.10.3. Exertion rating

1.2. Safety Officers that are used on multiple limited exercises such as in the case of Incident command courses will have their ER recorded by the SSO after the last wear of the AM session and/or the PM session.

**Rate of Perceived Exertion**

1.3. Perceived exertion is how hard you feel your body is working. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating and muscle fatigue. Although this is a subjective measure, a person's exertion rating may provide a fairly good estimate of the actual heart rate during physical activity and their potential ability to be able to carry out a rescue in the event that one is required during a training activity where BA is in use.

The scale used within the Fire Service College ranges from 1 – **light** to 4 – **unable to perform a rescue**

- 1 - **Light**
- 2 - **Moderate**
- 3 - **Hard**
- 4 - **Unable to perform a rescue**