



Unit 1 Objectives

1. Explain the importance of the proper use and maintenance of their assigned Personal Protective Equipment (PPE).
2. Develop a list of personal gear needed for an extended period away from their home station.
3. Explain the firefighter's accountability for personal and agency property.


01-2-S130-EP

Unit 1 Objectives

4. List the benefits of maintaining a high level of physical fitness and health.
5. Explain how eating well and staying hydrated can reduce firefighter fatigue.
6. Explain the importance of keeping personal gear and the assigned area in fire camp clean and organized.

01-3-S130-EP

Weight Limitations



Total individual gear weight = 65 lbs.

Web gear weight = 20 lbs.

Personal gear weight = 45 lbs.


01-4-S130-EP

Personal Gear

- Mandatory Items
- Optional Items
- Other personal items



01-5-S130-EP



Accountability

Firefighters are responsible for the proper use and maintenance of issued property.

01-6-S130-EP

Physical Fitness

- Aerobic fitness
- Muscular fitness



Diet

- Carbohydrates
- Fat
- Protein
- Fiber
- Calcium
- Vitamins and Minerals
- Sodium
- Caffeine



01-8-S130-EP

Fluids

- Symptoms of dehydration
- Ways to minimize dehydration



01-9-S130-EP

Fatigue



- Symptoms of fatigue
- Ways to minimize fatigue

01-10-S130-EP

Personal Hygiene and Area Cleanliness



- Ways to maintain personal hygiene
- Keeping gear and assigned area clean

01-11-S130-EP

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01-12-S130-EP

Review Unit 1 Objectives

- 4. List the benefits of maintaining a high level of physical fitness and health.
- 5. Explain how eating well and staying hydrated can reduce firefighter fatigue.
- 6. Explain the importance of keeping personal gear and the assigned area in fire camp clean and organized.

01-13-S130-EP
