



**COUNTRY FIRE AUTHORITY
BENDIGO GROUP
2009/2010 STRIKE TEAM CREWS**

PERSONAL WELFARE AND SAFETY

You have been selected by your Brigade to crew a Strike Team vehicle. The following information is provided to assist you in your preparation and understanding of Strike Team operations. If you have any hesitation about making the commitment that is expected, please discuss the matter with your Captain.

When activated, the Strike Team will be heading to a situation that requires our support. In the worst case you could be going into an area where local resources cannot cope with the emergency, with all local services fully committed. For this reason the Strike Team must be a self-contained and disciplined unit. **You can help to achieve this by looking after your own welfare.**

AVAILABILITY: The Strike Team could be away for 12 hours or up to 4 days, so if you have commitments you cannot avoid **DON'T GO**. Bendigo Group procedures allow for crew change-over every twelve hours but, depending on the circumstances and the distance from the fire scene, this could vary considerably according to how events unfold. Be prepared for at least one overnight stay. The back of this sheet contains a check list of the items you should have at the ready to take with you.

TURN-OUT: The objective is to have the Strike Team on the move within 30 minutes of the request for assistance. This means that your Brigade unit must be moving to the rendezvous point no later than 15 minutes after the request. Therefore **you need to be at your Fire Station within 10 minutes of the call**. Accordingly you need to be prepared by having your personal equipment at the ready and a fresh battery in your pager.

PERSONAL WELFARE: A number of factors can affect the welfare and safety of Strike Team crews on the fire ground. Remember, you could be heading to a situation where all local resources are taxed beyond their means. Points to consider are:

PPE: Overalls, helmet, **wildfire boots**, goggles, gloves, smoke mask.

Dress: Wear cool, cotton clothing. Warm clothing and a jumper (preferably woollen) are important, but they are often overlooked as the fire call is generally in the hottest part of the day. Remember that late at night it can be very cool, and there is nothing worse than being cold and wet with inadequate clothing. See the clothing check list overleaf.

Food: Whilst every effort is made to ensure firefighters are adequately fed, your deployment may be to an area of chaos and confusion. By ensuring there is enough food on your tanker to provide one meal for each crew member you should not find yourselves without food for an extended period. Any additional food supplied to crews will be an added bonus. It is also useful to carry your own supply of chewing gum, barley sugar or muesli bars.

Drink: Carry plenty of water and electrolyte replacement drinks on the tanker. Pre-hydrate on the way to the fire, and drink 250-300 mL every 10-15 minutes when working on the fire ground. The idea is to consume about 1 L of water and 300 mL of electrolyte replacer (Staminade Hydrate) every hour. Avoid tea, coffee and soft drinks, as they tend to aggravate dehydration.

Study the information in the CFA pocket publication *Wildfire Safety and Survival*. Copies should be available from your Brigade Training Officer.

SEE OVER FOR CHECK LIST >>>>>

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**SUGGESTED PERSONAL EQUIPMENT LIST:
STRIKE TEAM CREW**

WEAR

- | | |
|----------------|--------------------------|
| Jeans | <input type="checkbox"/> |
| Cotton T-shirt | <input type="checkbox"/> |
| Woollen socks | <input type="checkbox"/> |
| Boots | <input type="checkbox"/> |
| Cap/Hat | <input type="checkbox"/> |
| Sunglasses | <input type="checkbox"/> |
| Overalls | <input type="checkbox"/> |
| Helmet | <input type="checkbox"/> |
| Pager | <input type="checkbox"/> |

CARRY IN GEAR

- | | | | |
|--------------|--------------------------|------------------|--------------------------|
| Goggles | <input type="checkbox"/> | Small torch | <input type="checkbox"/> |
| Gloves | <input type="checkbox"/> | Chewing gum | <input type="checkbox"/> |
| Smoke mask | <input type="checkbox"/> | Pencil/ballpoint | <input type="checkbox"/> |
| Handkerchief | <input type="checkbox"/> | Small notebook | <input type="checkbox"/> |
| Lip cream | <input type="checkbox"/> | Cash \$50.00 | <input type="checkbox"/> |
| Sunscreen | <input type="checkbox"/> | Driver's licence | <input type="checkbox"/> |
| Barley sugar | <input type="checkbox"/> | 5 metres of cord | <input type="checkbox"/> |
| Water bottle | <input type="checkbox"/> | Toilet paper | <input type="checkbox"/> |

IN BAG (for possible overnight deployment)

SPARE CLOTHING

- | | |
|---------------------------------------|--------------------------|
| Underwear (2 sets) | <input type="checkbox"/> |
| Woollen jumper | <input type="checkbox"/> |
| T-shirt | <input type="checkbox"/> |
| Sandshoes
(or similar spare shoes) | <input type="checkbox"/> |
| Woollen socks (2 pr) | <input type="checkbox"/> |
| Trousers/jeans | <input type="checkbox"/> |
| Handkerchiefs | <input type="checkbox"/> |

TOILET GEAR

- | | |
|--|--------------------------|
| Toothbrush & paste | <input type="checkbox"/> |
| Sanitary reqmts
(soap, deodorant, powder,
shampoo, hygiene items etc.) | <input type="checkbox"/> |
| Shaving gear | <input type="checkbox"/> |
| Towel & face washer | <input type="checkbox"/> |
| Comb/brush | <input type="checkbox"/> |
| Personal medication | <input type="checkbox"/> |
| Headache tablets | <input type="checkbox"/> |

MISC. ITEMS

- | | |
|------------------|--------------------------|
| Insect repellent | <input type="checkbox"/> |
| Plastic mug | <input type="checkbox"/> |
| Plastic bags | <input type="checkbox"/> |