Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fire Service Ladders Checklist**

**Heeling the Ladder from Underneath**

Directions

With a raised ladder you will demonstrate the proper method of heeling a ladder from underneath. You will begin on my instruction to start. The skill will end when you state to me that you have completed all of the identified steps. Do you understand these instructions?

|  |  |
| --- | --- |
| **Task Steps** | **1 Pt. each** |
| Verbalizes that the ladder is safe for climbing and the overhead is clear of obstructions |  |
| Ensures that the helmet is secure and the face shield is down |  |
| Stands underneath the ladder with one-foot in front of the other for stability |  |
| Grasps the ladder beams with the hands, just beneath the rungs |  |
| Pulls backward and applies constant pressure to hold the ladder against the building, while looking straight ahead |  |
| **Total points possible – 5** |  |



**Instructor’s Signature** **Date**