

# "When Things Go Bad" – Capt. Paul Capo

## Firefighter Rescue & Survival Training with Physiology of Self Preservation



**January 19th, 2019  
08:00 – 17:00**

Hosted by the  
Estes Valley Fire Protection District  
**\$60 with lunch provided**



In this full day of classroom training, the student will have a complete understanding of the roles and responsibilities during a firefighter rescue regardless of your position. You will learn how to rescue other firefighters (R.I.T.) and how to save yourself (Firefighter Survival), by watching captivating live fatality videos and discussing case studies. This course teaches *R.I.T. Responsibilities* for the tailboard firefighter up to the commanding officer. Also discussed will be:

- *Survival Size-Up*
- *Proactive Tasks of the R.I.T.*
- *Tools and Equipment*
- *Command and Control of a MAYDAY*
- *Search Patterns*
- *Assessment, Packaging, and Drags*
- *Firefighter Extrication*
- *Mayday! What it is and how to use it*
- *Radio Communications*
- *SCBA Emergencies*
- *Reorientation Techniques*
- *Self-Rescue/Bailout Techniques*

During a firefighter rescue or firefighter survival event, hormonal induced tachycardia (fight or flight) will overwhelm you. In this program you will learn why some firefighters do irrational things leading to fatal events. We will learn how to alter our training so that we can execute appropriately under survival stress.

<https://www.estesvalleyfire.org/> to Register

**Training @ YMCA 2515 Tunnel Rd,  
Estes Park, CO 80511  
Dakota Hall**

### About The Instructor:

Paul Capo has been a firefighter since 1996 and serves as the Training Captain with the Estes Valley Fire Protection District in Estes Park, Colorado. Paul Capo is the Founder of When Things Go Bad, Incorporated where he develops a vast compliment of firefighter curriculum and training. His diverse teaching includes, but not limited to, FDIC (Fire Department Instructors Conference), Fire House Expo, Orlando Fire Conference, Fire Rescue East, Wichita HOT, etc. where he trains on multiple subjects in fire service academia. He and his crew can be seen regularly on Fire Engineering's Training Minutes as well as in the When Things Go Bad training DVD series. Paul has his B.A.S. in Public Safety Administration and is passionate in all areas of firefighting.

### **ESTES VALLEY FIRE PROTECTION DISTRICT**

*Serving the Residents and Visitors of the Estes Valley with Superior Fire and Safety Services*

**901 N. SAINT VRAIN AVE. ESTES PARK CO 80517 970-577-0900 FAX 970-577-0923**