

Training Announcement



Fire Prevention and Control

Course Title:	FIREFIGHTER SURVIVAL-SELF RESCUE
Location:	RICHARD A. MARTINKOVIC PUBLIC SAFETY TRAINING CENTER
DATES:	START DATE: AUGUST 11, 2026 @ 7pm CONTINUED: 8/18, Sun. 8/23 8am (2 units)
HOURS:	12

Course Description

This program is designed for self-rescue and rescue of trapped firefighters. Course content will enable firefighters to recognize the types of events encountered on the fire ground that contribute to firefighter disorientation and/or entrapment, to have knowledge of what is necessary to ensure their safety and that of their partners or crew members, and perform self-rescue techniques when disoriented, separated, or when needing to exit a structure in an emergency. The course requires students to perform a number of practical evolutions with a self-contained breathing apparatus.

FOR: Interior Structural Firefighters

LINK: [FFS: SELF RESCUE \(01-05-0092\) - 443](#)

PREREQUISITE:

Firefighter I or Equivalent SCBA Medical Clearance, Training Authorization Letter

PRE-REGISTER Through LMS