

# UKRO Advancing Professional Rescue - Lesson Guide

<b>SUBJECT</b>	Extrication – Vehicle stabilisation – Single Light vehicles		
<b>Aim</b>	<b>Essential understanding</b>	<b>Resources</b>	
To minimise vehicle movement and provide a stable platform from which a rescue can be performed	<ul style="list-style-type: none"> <li>Phases of stabilisation</li> <li>Selection and application of equipment</li> </ul>	<ul style="list-style-type: none"> <li>Scrap vehicle</li> <li>Block and wedges, step blocks</li> <li>Ratchet Straps</li> <li>Other stabilisation equipment – if available</li> </ul>	
<b>Instructor Input</b>			
<b>Theory</b>	<b>Information Gathering</b>	<b>Concept</b>	<b>Demonstration</b>
What is the purpose of stabilisation and what vehicle movement should be prevented?	What factors influence vehicle stabilisation?	Demonstrate appropriate use of stabilisation equipment	Describe/demonstrate the sequence of tool operations and actions
<b>Application</b>	<b>Vehicle Knowledge</b>	<b>Tool Selection</b>	<b>Technique</b>
<p>Purpose of vehicle stabilisation</p> <ul style="list-style-type: none"> <li>Prevent further injury to the casualty</li> <li>Create a stable platform to reduce the likelihood of injury to rescue crews</li> <li>Identify the properties of good stabilisation: Safe – Simple – Effective - Quick</li> </ul> <p>Vehicle Movements</p> <ul style="list-style-type: none"> <li>Horizontal – Roll – Pitch - Vertical - Yawl</li> </ul>	<p>The casualty(s)</p> <ul style="list-style-type: none"> <li>Their condition</li> <li>Their position in the vehicle</li> </ul> <p>The vehicle</p> <ul style="list-style-type: none"> <li>It's position (wheels, side, roof)</li> <li>The environment (roadways, embankments, ditches)</li> <li>Weather condition (ice)</li> <li>Type (salon, hatchback, estate, convertible)</li> </ul> <p>Vehicle suspension and chassis type</p> <ul style="list-style-type: none"> <li>The implication of vehicle suspensions</li> <li>Different types of suspension</li> <li>Different types of chassis (monocoque, ladder rail)</li> </ul>	<p>Basic principles</p> <ul style="list-style-type: none"> <li>Use of surroundings – Street furniture, trees, other vehicles, fencing</li> <li>Vehicle surface contact</li> <li>Three points of contact and the creations of triangles</li> </ul> <p>Use of equipment</p> <ul style="list-style-type: none"> <li>Use of blocks and wedges (flexible, simple to use, effective, can be time-consuming)</li> <li>Use of step-blocks (Quick, simple, limitations, trip hazard)</li> <li>Stability positioning (3-4-5-7 points)</li> <li>Use of ratchet straps</li> <li>Use of stability props (if available)</li> <li>Improvisation (if practised)</li> </ul>	<ul style="list-style-type: none"> <li>Phases of stabilisation – Emergency (including manual), Initial and full</li> <li>Priority - horizontal movement (wedge, wheel, secure on a slope)</li> <li>Manual stabilisation – application – only used for non-responsive casualties</li> <li>Initial stabilisation – sufficient stability to allow access to the vehicle without creating excessive movement (three/four points)</li> <li>Full stabilisation – Secure platform to work from, minimal movement</li> <li>Stability checks – Removal of components, transfer of weight</li> <li>Use of ratchet straps to secure the vehicle</li> <li>Use of stability props – vehicle on its side or roof</li> </ul>

<b>Delegate understanding</b>			
<ul style="list-style-type: none"> <li>Describe the purpose of stabilisation</li> <li>List the potential vehicle movements</li> <li>Application and sequence of actions</li> <li>Key considerations</li> <li>Points of safety</li> <li>Impact on the casualty</li> <li>Equipment requirements</li> </ul>	<ul style="list-style-type: none"> <li>Is able to evaluate a situation and apply suitable techniques</li> </ul>	<ul style="list-style-type: none"> <li>Is able to select the appropriate equipment for the task to use it effectively, quickly and safely</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrates an understanding of the different phases of stabilisation and is able to apply them at the relevant points</li> </ul>