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

**Fire Service Ladders Checklist**

**Heeling the Ladder from the Outside**

Directions

With a raised ladder, demonstrate the proper method of heeling a ladder from the outside. Begin when instructor says, “Start.” The skill ends when you state that you have completed all of the identified steps.

|  |  |
| --- | --- |
| **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 on the outside of the ladder, centered between the ladder beams |  |
| Places one foot upon the bottom rung or a ladder heel and, with both hands, grasps the ladder beams |  |
| Presses the ladder against the building while staying alert for descending personnel and falling objects |  |
| **Total points possible – 5** |  |



**Instructor’s Signature** **Date**