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

**Fire Service Ladders Checklist**

**One Firefighter Low-Shoulder Carry**

Directions

Begin when the instructor says, “Start.” The skill will end when you state that you have completed all of the identified steps below.

|  |  |
| --- | --- |
| **Task Steps** | **1 Pt. each** |
| Position yourself at the lifting point near the center of the ladder |  |
| Kneel beside the ladder |  |
| Grasp the ladder rung opposite your knee |  |
| Stand the ladder on edge |  |
| Reposition yourself for carrying by pivoting toward the ladder tip and inserting your other arm through the rungs |  |
| Position the ladder for carrying with the tip lowered slightly |  |
| Lower the ladder to the ground |  |
| **Total points possible – 5** |  |



**Instructor’s Signature** **Date**