



# **Suffolk County Fire Academy**

## **Heavy Rescue II**

### Student Expectations

**This course includes lecture and hands-on training. You will need the following equipment to participate during the sessions indicated:**

- **Helmet**
- **Coat**
- **Pants**
- **Boots**
- **Gloves (firefighting gloves are acceptable, however extrication/work gloves are preferred)**
- **Eye protection (helmet eye shields are acceptable, however safety glasses are preferred)**
- **Flashlight**
  
- **Session 1 – Lecture Only (No PPE Required)**
- **Session 2 – Lecture Only (No PPE Required)**
- **Session 3 – Lecture followed by hands-on evolutions (PPE Required)**
- **Session 4 – Lecture followed by hands-on evolutions (PPE Required)**
- **Session 5 – Lecture followed by hands-on evolutions (PPE Required)**

**To successfully participate in this course, you must have already completed Firefighter I (pre-requisite) or Scene Support Operations (Basic Exterior Firefighter Operations – pre-requisite) and the Heavy Rescue Course (pre-requisite).**

**Please make sure you are well rested, hydrated, and prepared to train. Bring water and/or Gatorade so that you may stay hydrated throughout the sessions.**

**The HR II Course hand-outs for each session are included within the Downloads section of the SCFA website. You are encouraged to bring materials to take notes.**

**You must print and bring to class the Heavy Rescue II Attendance Record (Stamp Sheet). This is also available via the Downloads section of the SCFA website.**