



Suffolk County Fire Academy

Heavy Rescue

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 followed by hands-on evolutions (PPE Required)**
- **Session 2 – Lecture followed by hands-on evolutions (PPE Required)**
- **Session 3 – Lecture followed by hands-on evolutions (PPE Required)**
- **Session 4 – 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).

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 Course hand-outs for each session as well as the NFPA Electric Vehicle Field Guide 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 Attendance Record (Stamp Sheet). This is also available via the Downloads section of the SCFA website.