FIREFIGHTER AIR
YOUR AIR. YOUR LIFE.

AIR MANAGEMENT MONDAY

WHEN EVERY BREATH IS ON YOUR BACK

Inside an IDLH atmosphere, the cylinder on your back carries the breathable air that allows you to enter, work, and get back out. **That supply is finite.**

YOUR CYLINDER SUPPLIES THE AIR	YOUR BODY DETERMINES HOW FAST YOU USE IT.

The Rule of Air Management (ROAM), teaches you to match your air supply to the work ahead.

KNOW

Know how much air you have.

MANAGE

Manage it as you go.

LEAVE

Leave before your bell hits.

BUILD THE RELATIONSHIP

The next time you train on air, pay attention to what the work is doing to you. Stairs. Distance. Tools. Added weight. Pace. Notice when your breathing changes, whether you recognize it, and whether you adjust before the workload starts making decisions for you.

When did my breathing change?

What caused the change?

Did I adjust my pace or workload?

Did I stay aware of the air needed to get back out?

DO NOT WAIT FOR THE FIREGROUND TO INTRODUCE YOU TO YOUR LIMITS.

*Develop a **personal relationship** with the air on your back and the firefighter breathing from it. That is personal air management.*

Safety: Any activity on breathing air must follow department training, medical-supervision, and SCBA procedures. Firefighter Air does not provide medical advice. Stop for distress, equipment problems, or established training limits.