



# Fire Protection Training

Procedures Handbook 4300

FIREFIGHTER SAFETY

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**TOPIC:** Emergency Rations

**TIME FRAME:** :15

**LEVEL OF INSTRUCTION:** Level I

**BEHAVIORAL OBJECTIVE:**

*Condition:* A written quiz

*Behavior:* The student will identify the proper use, maintenance and storage of emergency rations

*Standard:* With a minimum of 80% accuracy

**MATERIALS NEEDED:**

- Emergency ration example(s)

**REFERENCES:**

- None

**PREPARATION:** Emergency assignments will frequently prevent firefighters from eating their regular meals at the station. Emergency rations serve as a substitute for those meals.



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## EMERGENCY RATIONS

PRESENTATION	APPLICATION
<p><b>I. TYPES</b></p> <ul style="list-style-type: none"><li>A. Ration box</li><li>B. Rations</li><li>C. Meals Ready to Eat (MRE's)</li><li>D. Ishi rations</li></ul> <p><b>II. USE</b></p> <ul style="list-style-type: none"><li>A. Each Unit consists of a single meal proportioned for one person</li><li>B. Carried on all CAL FIRE firefighting equipment</li><li>C. Emergency use only<ul style="list-style-type: none"><li>1. Substitute for a hot meal when not available</li><li>2. Not to be used for snacking at stations</li></ul></li><li>D. Replenish used stock as soon as possible<ul style="list-style-type: none"><li>1. From Supply Unit or</li><li>2. Unit Service Center</li></ul></li><li>E. After consuming rations, clean up your eating area. Dispose of properly</li></ul> <p><b>III. MAINTENANCE</b></p> <ul style="list-style-type: none"><li>A. Inspect twice annually<ul style="list-style-type: none"><li>1. Rust<ul style="list-style-type: none"><li>a. May indicate spoilage</li><li>b. Could cause food poisoning</li></ul></li><li>2. Can bulging at end</li><li>3. Manufacturer's expiration date</li></ul></li><li>B. Attach inspection label<ul style="list-style-type: none"><li>1. Date of inspection</li><li>2. Name of inspector</li></ul></li></ul>	<p>Do not bury litter! Haul it in, haul it out.</p> <p>Destroy if damaged.</p>

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## EMERGENCY RATIONS

PRESENTATION	APPLICATION
<p>C. All new inventories should be dated when received if not dated by manufacturer</p> <p><b>IV. SAFETY</b></p> <p>A. Inspect container prior to opening</p> <p>B. Hold container firmly when opening</p> <p>C. Open container before heating contents</p> <p>D. Sharp edges of opened cans may cause cuts</p> <p><b>V. STORAGE</b></p> <p>A. Apparatus</p> <p>1. Proper compartment-cool, dry location</p> <p>B. Storeroom</p> <p>1. In a cool, dry location</p>	<p>Reseal box/bag with filament tape</p> <p>Insures proper stock rotation</p> <p>Wear glove(s) when appropriate</p> <p>Demonstrate: MRE water activated heating pouch if applicable</p>



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EMERGENCY RATIONS

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## ***SUMMARY:***

By following these procedures you will enjoy your meal to the fullest and avoid any sickness or injury during preparation or consumption.

## ***EVALUATION:***

A written quiz.

## ***ASSIGNMENT:***

To be determined by instructor(s).