



# FAST Board Training Manual



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## About the Company and the FAST Board

From FAST Board Creator, Eric Allen:

*“FAST Rescue Solutions (FRS) started from a need that was present when I started with the Fire Department in 1996. That need became even more clear in 2004 when I joined my department’s first Special Operations team.*

*That need was the movement and removal of downed personnel and civilians from a hazardous environment. In the past, the mindset was to adapt rope rescue to emergency evacuation. FRS is taking the opposite approach — we are taking emergency evacuation and integrating it into rope rescue.”*

FAST Rescue Solutions is dedicated to developing *innovative products and training solutions that meet the constantly evolving challenges encountered by first responders*. Our mission is to develop products and training that surpass currently accepted industry standards and that meet the operational challenges of the real world. Our team of Subject Matter Experts brings over a century of combined experience in firefighting, RIT, technical rescue, law enforcement (including SWAT, Mobile Field Force, and bike patrol), and training Military Units.

The FAST Rescue Board is the ultimate rescue platform designed for maximum versatility and ease of use. Originally designed for Rapid Intervention in firefighter rescue, this system also excels in Confined Space, Hazardous Materials, Active Shooter Response, and all other areas of patient packaging, extrication, and transport. With the addition of the FAST Flotation Device, the FAST Board is setting a new standard for water and ice rescue. Constructed with industry-standard webbing and hardware, the innovative rapid packaging features will have your patient packaged and moving in seconds.

# INTRODUCTION

The FAST Board is a device that can be used to aid in the removal of a downed firefighter or civilian.

## AT A GLANCE:

- The FAST Board is a 45" long, 18" wide device with 2 lashing straps.
- With a single-point connection, the lashing becomes a 3-point harness.
- Once the lashing straps are connected, they pull through the cam buckles to secure the patient to the Board.
- The Board has 45° undercuts on both sides to decrease the chance of a rollover due to debris.
- The upper lashing strap is rigged under the leading edge at the head of the Board and will help overcome stairs, bullnoses, debris, and vertical overhangs.
- The Board can be placed on its side at a 45 angle to reduce the horizontal profile from 18" to 13.5".
- The base of the Board is tapered to 11" to reduce drag and is explicitly designed to fit between the beams of a ground ladder.
- There are three oversized handles along each side of the Board and one at the front/top that are raised 3.5" off the ground to allow easy gripping with a gloved hand.
- All the carabiners are unique to the Board's components, allowing them to be identified by touch alone.
- The Board can be rigged for either a vertical or a horizontal lift using the included accessories.
- The Board shown includes the optional LED lighting package, which allows the Board increased visibility.



## FAST Board components and accessories

1. Upper lashing strap\* & XL “D” carabiner  
Shown attached to carabiner with protective caps.
2. Orange haul line bag with haul line  
The haul line is 75’ of 7.5mm bail-out compliant, heat-resistant rope, double-covered, and knotted every 12” to 16” for positive handholds and mechanical advantage. The total length of the tied rope is approximately 22’.
3. Blue horizontal bridle strap  
92” of 1” webbing with sewn eyelets at each end – forms the base of horizontal bridle
4. Red horizontal bridle strap  
80” of 1” webbing with sewn eyelets at each end – forms the top of horizontal bridle
5. Velcro cross strap
6. Integrated LED lighting unit (shown, optional)  
Internally mounted white LED lighting unit provides over an hour of illumination
7. Lower Extremity Strap  
Strap features 1” webbing with sewn loops on each end and in the middle which can be used in several configurations
8. Lower lashing strap\* with tri-link and grab ring



\*Our lashing is 100% Kevlar webbing and has a tensile strength of 5,500 lbs. Lashing meets NFPA 1971 & 1981 standards and passes both heat and flame tests

## Introduction to the FAST Board components



The FAST Board consists of the Board and two (2) lashing straps. The upper lashing strap connection point is an oversized “D” carabiner, secured at the head of the Board with Velcro. The strap is stored inside the Board and passes through 2 cam buckles (1790lb workload) that act as the progress capture. The large locking “D” carabiner from the orange rope bag is connected to the upper lashing. When the haul line is pulled, the upper lashing will tighten. The large locking D carabiner will slide along the upper lashing to help balance the load.

The lower lashing strap connection point is a 12mm tri-link that is secured at the bottom of the Board with Velcro and has a metal “O” ring for ease of location/deployment. The strap is stored inside of the Board.



The haul line is 75’ of 7.5mm bail-out compliant, heat-resistant rope, double-overed, and knotted every 12” to 16” for positive handholds and mechanical advantage. The total length of the tied rope is approximately 22’. There are non-locking carabiners at each end of the rope. One carabiner is on the working end and is secured to the upper lashing strap. The other carabiner is on the terminal end of the rope through the eyelet at the bottom of the bag.

The red webbing bag is located on the right side of the FAST Board and contains a red 80" piece of 1" webbing with sewn eyelets on each end that forms the head of the horizontal bridle (laced through the top handhold openings). The blue webbing bag is located on the left side of the FAST Board and contains a blue 92" piece of 1" webbing with sewn eyelets on each end that forms the base of the horizontal bridle (laced through the bottom handhold openings)



The green bag contains the Lower Extremity Strap. This strap is approximately 5'6" long. When basketed it is 3'9" long. There are sewn loops at both ends and a sewn loop in the middle that can be used as handles or as attachment points. The LES can be used to hog tie the legs with the patient facedown or to capture the legs just above the knees to pull them up, so the patient is in a seated position if they are facing up. The strap can also be used as a drag strap. The weight rating for the for the webbing is 6,000 Lbs. We will test the break strength of the Bar Tac Stitching in the future.



The optional lighting package contains a fully integrated system featuring internally mounted white LED lighting and a rechargeable battery pack providing over an hour of illumination, increasing your visibility in dark and smoky environments.



## DEPLOYMENT OF THE FAST BOARD

The FAST Board is a tool used in aiding with the removal of a downed firefighter or civilian. Should members reach or encounter a downed firefighter or civilian they must initiate removal immediately. Members should not wait for the arrival of the FAST Board to begin removal. Members should use all readily available methods and tools (i.e., personal webbing, converting SCBA into harness, etc.). Members must advise the IC (Incident Commander) of the location of the downed firefighter/patient and any special equipment that may be needed to assist in the removal. If available, the RIT should be deployed. The RIT, or available members, should bring the FAST Board, along with any other necessary equipment to assist in the removal.

The rescue team can consist of as few as two firefighters. Typically, the team will have three or more. One firefighter should act as the officer and place themselves at the base of the stairs (if in a basement), or at the entrance to the room/area that the patient is in so that the exit path can be maintained. Loading a firefighter can easily be accomplished with one rescuer, although teamwork will make the job easier.



Position the FAST Board between the rescuer and patient about mid-span on the Board. Roll the patient on their side by pushing their air bottle away from you. As the patient begins to roll, use your knees to push the Board closer to the patient, aligning the bottom of the Board with the patient's waistline. This will help facilitate bending around tight corners.

The firefighter that is loading must first detach the orange rope bag from the Board before loading the patient onto the Board. However, the rope should remain attached to the upper lashing.

Place the patient's arm over their chest. With the patient and the Board in position, firmly grasp their pack and pull them towards you while, at the same time, pushing the elevated side of the Board to the ground. The Board will act as a scoop and the patient will settle onto the Board.

The size of the team will dictate how the lashing is deployed, whether it is one person deploying both the top and bottom straps or it is done by multiple rescuers.



Training point: Try to keep hand contact on the hardware until the connection is made.

Deploy the upper lashing strap with the oversized "D" carabiner and the lower lashing strap with the tri-link (An "O" ring is attached to the tri-link as a grab ring.)

Connect the XL "D" carabiner to the tri-link.

Ideally, you want to "scoop" the patient so that they are face down on the Board with their arms across their chest however, if the patient is conscious and/or not wearing an SCBA you can "scoop" them so that they are face up or with their arms at their sides.

If the patient is wearing an SCBA you should make sure that the connection point is off to one of the sides of the SCBA unit and not directly on top.

Once the upper and lower lashing straps are connected, all that is necessary to tighten the system and secure the patient to the FAST Board is to pull the haul line.

To secure the patient more robustly one of the rescuers can go to the head of the FAST Board, grab the rope from the orange rope bag and place their foot in between the upper lashing strap.

Pull on the rope SLOWLY until the patient is tightly secured. Pulling on the rope quickly can “shock load” the strap and may cause the cams to tighten without securing the patient to the Board.



***Ensuring that the patient is loaded correctly onto the FAST Board is key to the overall success of the operation.***

**THE FIREFIGHTER AT THE FOOT IS IN CHARGE AND MAKES ALL OF THE CALLS FOR THE MOVEMENTS.**

For long hauls, the firefighter at the head of the FAST Board can wrap the rope from the orange rope bag around his waist and either: Clip it onto itself using the non-locking carabiner at the eyelet or, if wearing one, their Gemtor harness.



If multiple firefighters are available, the orange rope bag rope can be used at the various handholds or can be clipped back on itself to create a 2 person drag.

For tight corners: Place the board on its side and have the firefighter at the foot push out. Due to the patient being placed on the board at the waistline the body position will help facilitate the movement around the tight corner.

When removing a patient up steps no firefighters should be on the stairwell. The FAST Board should be brought to the base of the steps. The rope from the orange rope bag should be deployed to the top of the steps with two firefighters to haul. The firefighter at the foot should remain in place.

**The firefighter at the foot continues to MAKE ALL OF THE CALLS for the movement.**

The firefighter at the foot may need to pull the firefighter back slightly off the steps so the FAST Board can overcome the bullnose of the steps.

### To use the FAST Board for a horizontal raise



Feed the red webbing on the inside of the top handholds on one side, underneath the FAST Board, and through the inside of the top handholds on the other side. Feed the blue webbing on the inside of the bottom handholds on one side, underneath the FAST Board, and through the inside of the bottom handholds on the other side.

### To use the FAST Board for a vertical raise



Wrapping the upper lashing strap around the head handhold will stop the system from continuing to tighten and will help in the extrication if your high point anchor does not allow for enough travel.



However, this does not have to happen with a lift or lower if time and the situation do not allow. If time does allow you can use one of the horizontal bridle straps as a safety strap.

## USING THE FAST BOARD WITH THE ARS MULTI-LOOP STRAP

The Anderson Multi-Loop Strap is an optional piece of equipment that can be added to the FAST Board.

If the patient is too large for the upper and lower lashing straps to be secured, use the Anderson Multi-Loop Rescue Strap (black bag) to extend the adjustment straps.

Take one of the handle straps on the Multi-Loop Strap and feed it through the tri-link on the lower lashing strap.





Secure the handle with the oversized “D” carabiner on the upper lashing strap. Pull on the opposite side of the Multi-Loop Strap to tighten the straps and then secure the Multi-Loop Strap using the loops to the oversized “D” carabiner. Tighten the system.

Once the patient is secured to the FAST Board the firefighter at the head of the board should deploy the rope from the orange rope bag approximately 2-3”. This allows the firefighter to have a good center of gravity to pull the board with their legs. This prevents them from being bent over or pulling with their back and compressing their diaphragm. The firefighter at the foot should cross the patient’s legs in an “X” shape and place them on their shoulders.

## Resetting the FAST Board

The FAST Board does not have to be completely restored prior to reuse. If the situation dictates, or the rescue of multiple patients must be made, simply depress the locking cam buckles on the upper lashing strap, retract the upper lashing strap so that the rope bag attachment point is moved to the top of the board and the board is ready to be reused.

To completely restore the FAST Board:

Remove all the rope/webbing bags. Inspect the upper and lower lashing straps, Cam buckles, connection points, and the board itself for damage. Clean using a mild soap if required.

Inspect the rope/webbing for damage. Clean using a mild soap if required. Allow to dry and do not dry in direct sunlight. Repack in bags. Stuff the haul line into the orange rope bag. The Multi-Loop Strap and red and blue bridle straps are rolled.

Ideally 2 firefighters should be used to restore the upper lashing strap. Ensure the upper lashing strap is fully extended. As one firefighter holds the Cam buckles down, the second should slowly retract the upper lashing strap by pulling on the oversized “D” carabiner towards the foot of the board.

Ensure that both sides of the upper lashing strap are equal and stop when the upper lashing strap allows the orange rope bag carabiner to be just over the top of the board.

Insert the excess upper lashing strap into the board and then restore the oversized “D” carabiner to its keeper. Place the inner straps in the center of the board to allow the orange rope bag to be placed onto the Velcro.

Scan QR code below for reset video.



## FAST BOARD TRAINING TAKEAWAYS

Be proficient with the FAST Board  
and all its components

The FAST Board is not for use in all situations

Load the patient correctly onto the FAST Board

Communicate

Think  
Train Hard

“Don't train until you get it right,  
Train until you can't get it wrong!”



Training Courses

## Flotation

## ation

1. Retrieve the Flotation Ring at the ST Board.
2. Disconnect the 3 plastic buckle straps, release velcro on the longer side and let out several inches of strap to loosen them. Reattach Velcro, once loosened. Do not reconnect plastic buckles.
3. With the FAST Board on a flat on the surface, ensure the looped strap located at the top of the board, under the handle, is free. This strap will be stretched around the outside of the float later in this process.
4. Open Flotation Ring and position float around the outside of the board, below FAST Board handles, so that the center reflector at the flexed position of the Float is centered between the handle at the top of the board. Release both Velcro straps, on each side of this reflector, and pull through the handle. Firmly wrap straps around the handle and secure to Velcro on top of the Flotation Ring. These straps will be firmly held in the top corners of this handle opening.

5. Inspect and adjust the buckles and yellow handles on Flotation Ring to ensure they are straight and not twisted.
6. Standing at the bottom of the FAST Board, hold each end of the Flotation Ring and pull, so that the section that is already attached slides down against the side wall of the board. This will pull the sides of the Flotation Ring into place and align its buckles and Velcro straps with where they will be secured to the board.
7. Connect the buckle at the bottom of the board. This buckle will lay flat on the board OVER the board straps. Do not tighten this buckle yet.
8. Undo the Velcro straps, at the bottom of the Flotation Ring. Firmly wrap around the FAST Board handle and secure it to the Velcro. Pull on the Flotation Ring again to keep it in position.
9. Ensure the yellow handles on the Flotation Ring are pulled up and rest on top of the Float. Ensure these handles, and all straps, are not twisted.
10. Undo Velcro on Flotation Ring, located under yellow handles, and wrap around the handle of the FAST Board, as done in previous steps. These Velcro straps will be firmly fixed to the FAST Board with the yellow handles free above.
11. Before connecting the next plastic buckle, ensure the yellow handles on the Flotation Ring are free and not twisted. Connect plastic buckle located in the middle. Do not tighten yet.
12. Undo and wrap the last pair of Velcro straps around the board handles, as done in previous steps.
13. Now, we have the last plastic buckle near the top of the board. Before connecting, **BOTH SIDES OF THIS BUCKLE MUST BE CONNECTED UNDERNEATH THE BOARD STRAPS**. Slide buckles under the board straps and connect. If this buckle is above the board straps, the board will not be able to deploy correctly and safely.
14. Now we can tighten each of the 3 buckles. Tighten to a firm snug fit, without over-tightening.
15. Finally, standing at the top of the FAST Board with the Flotation Ring now attached, locate the looped strap below the top handle and slowly pull until this strap can be wrapped around the outside of the float and touch the XL carabiner attached to the board.

There is also a video on our YouTube channel.



# Inflatable Collar Installation

**Warning:** Do NOT Pull on the cord located at the top, this will trigger inflation. Be very careful when handling.

1. Retrieve inflatable device and open flat on a table or flat surface. Remove bags from FAST Board and set the board inside of the opened inflatable.
2. On the inflatable device, there are 4 sets of yellow loops with Velcro locking tabs. For each tab, you will be undoing the Velcro to release the yellow loop side. The tab WITHOUT the yellow loop will unfold. This tab will wrap around underneath the board handle, while the yellow loop tab will be stretched over top of the handle and secure to the Velcro. The yellow loop tab will be stretched so that the locking Velcro tabs on the bottom can be secured, locking the yellow loop on the inside of the FAST Board. This locking Velcro tab will be secured on the top inside of the yellow loop so that the loop can be locked into place and bear weight.
3. Standing at the top of the FAST Board, find the 2 yellow loops with Velcro locks located at the top of the inflatable. Using the guidance above, attach BOTH yellow loops and Velcro locking tabs to the handle. There will be a fold in the middle of the inflatable, as these two tabs are wider than the handle opening.
4. Once the top of the inflatable is secured to the top FAST Board handle, stand at the bottom of the board and pull the sides of the inflatable device down so that each side is equal length, and the inflatables yellow loops are in proper position on the board.
5. Using the guidance above, attach each yellow loop tab to the FAST Board handles.
6. The Collar has two chambers, each chamber inflates with a 60g CO2 cartridge. To inflate, simply pull the cord at the top by the yellow handle.

Picture Coming Soon – you can also see an installation video on our YouTube channel.

## Replacing CO2 cartridge

- a. Unfold inflatable device and stand at the top of the inflatable. The corner area of each inflatable has a cartridge and port. You will feel these, along with the deflated bag inside. These are held inside by a Velcro opening.
- b. Open the Velcro and carefully pull out the bag. The ports and cartridges on the sides will be exposed.
- c. Unscrew used cartridge and screw in new cartridge.
- d. Refold deflated bag, tug back into the inflatable device and seal.

# Frequently Asked Questions

## **What are the measurements and ratings for the FAST Board?**

The FAST Board is 46" L x 18" W x 4.5" H and weighs 22 lbs. with standard accessories. The Kevlar lashing has passed the NFPA 1971/1981 flame test and heat test and is rated to 5500 lbs. The 7.5mm Sterling "Escape Tech Fire Escape" rope is rated at 3900 lbs. and has passed the NFPA 1983 Fire Escape as well as the NFPA 1971/1981 Flame Test and Heat Test. The Horizontal bridle straps are rated at 9000 lbs.

## **When using the FAST Board why do you package face down?**

We package face down to protect the face-piece, to help contain the arms, and to give good access to the buddy breathing hose line and UAC valve.

## **Has the face-piece ever gotten displaced?**

We have not had any reports from our customers about face-pieces becoming displaced.

## **What is the average time for a rescue operation using the FAST Board?**

With the FAST Board and proper training, we have found that the average time for a rescue operation is 5 minutes.

## **What is the difference in time for packaging a firefighter in other systems versus how long it takes to package a firefighter using the FAST Board?**

Using other systems, the time to package a firefighter can be anywhere from 5 to 15 minutes. With the FAST Board and proper training, we have reduced that time from 25 to 30 seconds.

## **Is the LED Lighting System Waterproof?**

The lights are waterproof, the battery and its connections are encased in silicone in a sealed, water-proof box. We have done extensive testing in water and have had no issues.

## **What is the average time to fully charge the LED Lights?**

With the old charger (see photo below) It takes 8 to 10 hours to fully charge the lights. With the new charger, it takes 3 to 4 hours. ***If you have an old charger, please contact us at [info@fastrescuesolutions.com](mailto:info@fastrescuesolutions.com)***

## **How long does a full charge last for the LED Lights?**

On a full charge the lights will last over an hour when left on. They will last approximately 3 weeks on standby, though we highly recommend charging the lights at least once a week to keep them ready for action.

## Contact Information

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