



CHELAN FIRE and RESCUE

Physical Agility

Firefighter/EMT candidate must be able to perform a number of physically strenuous duties in a continuous time period with little or no rest. The following tasks are designed to test a candidate's ability to perform the same task a Firefighter/EMT would be expected to perform in the line of duty:

Function in Bunker Gear and SCBA: Firefighter/EMT must be able to work in ambient temperatures of 100 to 500 degrees wearing protective clothing and a self-contained breathing apparatus; have good vision to include close and distance, able to see colors and adjust focus as needed; and must be able to hear and talk clearly.

- All physical agility tasks shall be performed in full bunker gear with SCBA. Masks will be applied for certain events as noted below.

1. Equipment Carry: Firefighter/EMT must be able to walk long distances while carrying medical equipment or wild land hand tools and still be able to function without rest upon arriving at the destination; must be able to lift a loaded stretcher into an ambulance.

- Candidates shall pick up and carry a chainsaw and shovel 300 yards; set the chainsaw and shovel down at the designated location and pick up a trauma kit and backboard and carry them back to the beginning point.

2. Ladder Climb: Firefighter/EMT must be able to climb up and down ladders and stairs while carrying equipment, patients/victims or hose lines; be able to work on slippery surfaces including rooftops, ladders, aerial ladders, scaffolding or other elevations over 12 feet from the ground; must be able to lift a ladder weighing 75 pounds off of a truck or off the ground safely.

- Candidates shall be required to climb up a vertically extended ladder to the top and touch the top rung while wearing carrying an axe. When the candidate is back on the ground, the task is complete.

3. Axe Swing: Firefighter/EMT must be able to cut or chop holes in roofs, walls, and floors using an axe.

- Candidates shall chop on a pallet for 120 seconds using a fire axe or strike a large rubber tire for 120 seconds using 35 lb. sledge hammer using full overhead swings.

4. Hose Pull: A Firefighter/EMT must be able to carry a self-contained breathing apparatus weighing approximately 35 pounds on his/her back and support 100 pounds of hose on his/her shoulder while walking to a fire in full protective clothing.

- Candidates will be required to pick-up a charged 150 foot 1 ¾ hose line and double it back to the apparatus. Once the nozzle passes the edge of the apparatus the task is complete.

5. Firefighter Crawl and Dummy Drag: Firefighter/EMT must be able to pull heavy objects such as a person from a hazardous condition; must be able to crawl on his/her hands and knees; must be able to work in a confined space of a structure or cramped body positions (e.g., cars closets, attics, crawl spaces etc.).

- Candidate shall be required to crawl a 150 feet, grab a victim weighting about 100 to 125 pounds and drag the victim back to the starting line. Once any portion of the victim cross the starting line the task is complete. Candidate will perform this task with SCBA mask on.

6. Rope Pull: Firefighter/EMT's must be able to grip ropes and tools with gloved hands; must be able to use equipment to pull down ceiling or walls requiring his/her arms to be above his/her head.

- Candidates shall pull a rope hoisting 50 pounds of weight up to the top of the ceiling and lowering it back down to the ground ten times using the hand over hand technique.

Each task is pass/fail, meaning either the candidate can start and finish the task or cannot. Candidate will move directly from one task to another with minimal rest and delay, until finished.