



Firefighter Applicant Physical Fitness Evaluation

Medical Clearance Form

Candidate Name: _____

This program is designed to assess the physical work capabilities of a healthy individual. Each test requires the applicant's utmost effort. All the tests will be completed while wearing personal protective equipment (PPE) that weighs approximately 22kg (50lb). This ensemble includes: helmet, flash-hood, gloves, pants, boots, jacket and self-contained breathing apparatus (SCBA). The applicant is not required to breathe from the SCBA, but must carry it. For safety during the walk test, running shoes are substituted for firefighting boots. These tests will be administered by NFPA 1001 level 2 firefighters, and are not medically supervised. The test procedures are described briefly below.

Aerobic endurance

The applicant will walk 1km in full PPE. The terrain will consist of gentle slopes up and down with one steep hill ascension and descent. Combined with the exercise stress, the weight and heat retention properties of the PPE there can be a significant level of fatigue. Applicants will have 1hr of rest before moving on to the other tasks

Job-related performance tests

Prior to completing the job related tests, the applicant will complete a "walk-through" session where they are allowed to practice each of the tasks. This will take approximately 30 minutes and serves to familiarize the applicant with testing procedures and provides a suitable warm up for the demanding tests that follow. Each test is followed by a rest period of 3 minutes for recovery and hydration. Applicants are not permitted to leave the testing area or remove the PPE during the rest periods.

Confined Space Test:

The applicant will make their way through a 10ft confined space (culvert) with full ppe and a face mask. No SCBA harness will be worn. This is to assess an applicant's claustrophobia.

Ladder climb test:

The applicant climbs a 7.3m (24') ladder to the 10th rung and returns to the floor as quickly as possible. This task will be repeated five times. This test assesses muscle strength, endurance, and anaerobic capacity.

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Equipment carry:

The applicant will carry a small (18kg or 40lb) and large (36kg or 80lb) tool a total distance of 30m (100'). In addition the applicant will lift and hold the 18kg tool in a specific position that simulates the work required. The tools will then be returned to the starting point. This test is designed to assess the strength required to lift, carry and use heavy tools on a fire scene.

Victim Drag:

The applicant drags a mannequin weighing 68.2kg (150lb) a total distance of 30m (100'). The test starts when the mannequin lying "face up" on the floor and the applicant standing. The applicant lifts the mannequin and walks backwards for 15m, turns around a traffic cone and returns to the start line as quickly as possible. This test assesses strength, power, and agility

Forcible entry:

Using a 3.6km (8lb) sledge hammer, the applicant moves a weighted truck tire (102kg or 200lb) a distance of 30.5cm (12") as rapidly as possible. This assesses muscle strength, power and endurance, particularly the upper body.

Is this individual taking any medication that could affect normal physiological responses to exercises?

No _____ Yes _____ If yes, please explain.

Is there any medical reason that this individual should not undertake very strenuous exercise?

No _____ Yes _____ If yes, please explain.

I certify that this applicant has been given a medical examination and is medically fit to undertake the Physical fitness evaluation described above.

Physician's name: _____ Date: _____

Telephone: _____

Signature: _____

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