
Annual Physical Abilities Assessment

1. Put on full PPE within 60 seconds.
2. Wearing structural PPE and SCBA, crawl on hands and knees dragging a charged 1 3/4 inch hose line through the bay of station 701 from the front to back of station.
3. Wearing structural PPE, drag a charged 1 3/4 inch hose line 50 feet. (The hose line shall be charged in a straight line. The firefighter shall drag the nozzle and hose 50 feet in the opposite direction.)
4. Wearing structural PPE, strike a waist high object 10 times with a sledgehammer or flat head axe to simulate forcible entry into a structure.
5. Wearing structural PPE, pick up and hold the hydraulic cutter at waist level for 30 seconds.
6. Wearing structural PPE, remove 5 inch hose from the hose bed and wrap a hydrant in preparation of making a forward hose lay.
7. Wearing structural PPE and SCBA, drag a rescue mannequin weighing less than 150 lbs. 25 feet.
8. Wearing wild land PPE, walk 1000 feet wearing a Travis pack weighing 25 lbs. or less on uneven terrain.
9. Wearing structural PPE and SCBA, carry a 35# hose bundle up three flights of stairs.
10. Wearing structural PPE, Remove a 24 foot extension ladder from the fire engine and place on the ground.
11. Wearing structural PPE, raise a 24 foot ladder into position using a flat raise and beam raise with an assistant footing the ladder.
12. Wearing structural PPE, extend the fly section of a 24 foot extension ladder with an assistant helping stabilize the ladder.
13. Load the gurney into the ambulance with the rescue mannequin laying supine on the gurney.
 - a. Unless a time is specified, all tasks shall be performed in a reasonable amount of time and in a safe manner.
 - b. Structural PPE includes turnout coat, pants, suspenders, boots, gloves, Nomex hood, and helmet.
 - c. Wildland PPE includes leather firefighting boots, Nomex pants, Nomex shirt, fire shelter, helmet, and gloves.