



CLACKAMAS FIRE DISTRICT #1



Physical Ability Doctor's Release and Task List

I hereby certify that _____ can safely perform the Physical Ability test as described in the attached task list.

This test will be administered by Clackamas Fire District #1 & Boring Fire District #59 on Saturday, October 22, 2011 at the Clackamas Fire District #1 Training Facility located on 15990 SE 130th Avenue, Clackamas, Oregon 97015.

Date

Signature

Print Name & Title

**Physician/Clinic Stamp

** NFPA 1582 is our standard for Firefighter physical performance. The above form is required with Physician's signature. The form above does NOT need to be signed **if** you have documentation of a completed NFPA 1582 physical within the last 12 months. Please attach dated documentation with Physician's signature. **

The Fire Fighter Physical Ability Test is a timed test divided into 6 (six) tasks. The Fire Fighter will be wearing a turnout coat, SCBA, safety glasses and helmet which can weigh up to 60 pounds, for task #1 the candidate will also be wearing an axe belt/ladder belt. The Aerial Ladder Climb will be the first task. The candidate will have option of removing axe belt/ladder belt before beginning the other tasks. The remaining tasks are performed beginning with task #2 through task number 6 without stopping.

Task 1, Aerial Ladder Climb - Completion Maximum Time 4:00 minutes

Related Tasks: Simulates various fire ground tasks requiring climbing ladders or stairs at a structural fire, comfort working on ladders, and manipulating equipment at a height near 75'.

Equipment Required: Aerial Ladder, fall protection and axe belt/ladder belt

Performance: Participant will perform a 75' aerial ladder climb, while being belayed at all times. The participant will be instructed to maintain three points of contact at all times. After participant reaches the specified height, they will then be instructed to hold onto the ladder with one hand and with the other hand attach the attachment device to the ladder. Participant will let go of the ladder with both hands to "Unhook"; maintaining three points of contact with attachment device and both feet. After confirmation from proctor, participant will grab the ladder with one hand, and unhook the attachment device with the other hand and climb back down the ladder.

After successful completion of task #1 (Aerial Climb), the candidate will receive a minimum of three minutes between completion of task #1 and beginning tasks #2-#6.

Tasks #2-#6, - Completion Maximum Time 8:00 minutes

Task 2, Simulated Pre-connect Pull

Related Tasks: Simulates stretching a charged 150' 1 3/4" pre-connect into a structure to attack a fire.

Equipment Required: A weighted heavy equipment tire with 15' of hoseline, or rope, attached to facilitate dragging. Friction of the drag over brushed concrete should be between 100 and 110 pounds force of pull.

Performance: At the indication by a timer to begin, the participant drags the tire (by any method) 75 feet in a straight line.

Task 3, Search and Rescue

Related Tasks: Simulates search and rescue tasks related to fire fighting as well as tasks frequently performed when moving patients on stretchers or backboards.

Equipment Required: A dummy weighing between 90-120 pounds, a stokes basket stretcher, and a proctor.

Performance: Participant begins task #3 immediately on the completion of task #2. He/She must go to the second story of the training residence structure, locate the dummy on the red "x", carry or drag the dummy to the street by any method, place the dummy in a stokes basket stretcher, return the dummy to the second floor (with the help of the proctor) and return the stretcher to the yellow line.

Task 4, Climb

Related Tasks: Simulates various fire ground tasks requiring climbing ladders or stairs while carrying a saw, hose bundle, smoke ejector, or other equipment.

Equipment Required: A 30 pound combination physical performance standard (pps) prop, which simulates a saw, a 1 3/4" x 100' hose bundle with nozzle, a smoke ejector or medical kits.

Performance: Participant picks up the pps prop immediately upon the completion of task #3. The same pps prop will be carried and used for tasks 4-6. The participant carries the prop by any manner to the 5th floor of the training tower (both feet must be placed on the 5th floor) and back to the street. The prop may not be set down once it is picked up, however, dropping it does not disqualify the participant.

Task 5, Ventilation

Related Tasks: Simulates operating a saw on a pitched roof.

Equipment Required: Combination pps prop from task #4, pitched roof prop set at 4" x 12".

Performance: The participant mounts the roof prop, place either foot on the center line and holds the pps prop above the either lateral painted line to maximum comfortable reach. The pps prop may not rest on the roof prop, nor may the participant support the pps prop with anything other than hands and arms. At the call of "time" (15 seconds) by the evaluator the participant switches sides, by placing his/her opposite foot on the center line and holding the pps prop over the opposite side line. The prop must be held over the side lines for a total of 60 seconds, switching sides each 15 seconds.

Task 6, Smoke Ejector

Related Tasks: Simulates lifting a smoke ejector, ladders, or other equipment.

Equipment Required: Combination pps prop from task #4, doorway prop.

Performance: Participant can set down the pps prop and adjusts the grip position on the pps prop to maximum comfortable reach. The participant must attach the pps prop by its hooks to the doorway prop. Time is taken as the pps prop is placed on the hooks.



PHYSICAL ABILITY TEST WAIVER OF CLAIM FOR INJURY

This form must be signed before you will be permitted to participate in the Clackamas Fire District #1 (the "District") physical agility test.

You will be asked to perform six (6) physical tasks and will be given specific instructions (by videotape and proctors) in the manner in which these physical tasks are to be performed. The six timed (6) physical tasks are:

1. Aerial Ladder Climb
2. Simulated Preconnect Pull
3. Search and Rescue
4. Tower Stairclimb
5. Simulated Ventilation
6. Simulated Smoke Ejector

After you complete the ladder climb you will proceed to the next five (5) tasks, to complete the physical ability test.

In consideration of the District permitting me to participate in this test in connection with my application for employment, I certify and agree to the following:

I have read the description of and understand the physical effort that this test involves. I am physically capable of safely participating in this test, and I voluntarily participate in this test as a part of my application for District employment.

I am aware that accidents or injuries may occur as a result of my participation in this test. **THE DISTRICT WILL NOT BE RESPONSIBLE OR LIABLE AND I HEREBY WAIVE ANY AND ALL CLAIMS AGAINST THE DISTRICT OR ANY OF ITS EMPLOYEES FOR ANY PERSONAL INJURY, OTHER INJURY, DAMAGE, LOSS, OR EXPENSE TO ME, WHETHER OR NOT SUCH INJURY IS CAUSED BY NEGLIGENCE, I MIGHT SUSTAIN OR INCUR AS A RESULT OF MY PARTICIPATING IN THIS TEST.**

LAST NAME (please print)

FIRST NAME

MI

APPLICANT SIGNATURE

DATE



Pre-Test Orientation – Hands-On Physical Ability

There will be a pre-test orientation held on Saturday, October 15, 2011 at the Training Center located at 115990 SE 130th Avenue, Clackamas, Oregon. (See enclosed map)

If you want to participate in this orientation, you will need to contact Kasey at 503-742-2655 to reserve a time. If you do not pre-schedule you will not be allowed to participate in the orientation. The deadline for scheduling is no later than October 7, 2011. Please wear comfortable clothing and shoes with support and traction.

Prior to the Pre-Test Orientation you are **required** to have the waiver of claim for injury form and the doctors release form both signed and in hand on that day to participate. If you do not come on the 15th you **must** bring the forms on the testing date. If you bring them on the 15th you do not need to bring forms on the testing date—we will keep yours on file.

At the Pre-Test Orientation, the Physical Ability proctors will explain the equipment used at each task, the purpose of each task, the task itself and the common difficulties and failures associated with each task. There will be a demonstration of each event with the most common technique variations shown, as well as possible technique for different statures. You will be allowed to ask questions at this time.

You will not be able to run through the test in its entirety, but you will be allowed to look at and touch the equipment. This will be a time to ask questions and become familiar with the test.

**FAILURE TO PROVIDE THE REQUIRED FORMS SIGNED WILL PREVENT YOU
FROM CONTINUING IN THE TESTING PROCESS.**

THERE WILL BE NO EXCEPTIONS.



Clackamas Fire District #1: Physical Ability Procedures

You must present valid photo identification and sign a number of forms before taking the Physical Ability Test.

Prior to your scheduled Physical Ability Test, you are required to have your personal medical provider complete a form certifying that you can safely perform the Physical Ability test as described in the attached task list. You will also be required to complete the **Waiver of Claim for Injury Form**. **It is your responsibility to bring these completed forms with you on the day of your scheduled Physical Ability Test.**

On your scheduled Physical Ability Test day, pre-exercise heart rate and blood pressure will be measured. *If pre-exercise heart rate ≥ 110 bpm or pre-exercise blood pressure ≥ 160 / ≥ 100 mmHg, you will not be allowed to proceed with the Physical Ability Test. Please be advised that certain substances may elevate heart rate and blood pressure (caffeine, smoking, some over the counter cold medications) and it is recommended to avoid these substances the day of your Physical Ability Test.*

At the conclusion of the timed Physical Ability Test, you must sign the **Physical Ability Evaluation Form**. Additionally, prior to leaving the rehabilitation area, you must complete and sign the **Rehabilitation Form**. If you fail to complete and sign any of these forms you fail the Physical Ability Test. All of these forms will be provided by Clackamas Fire District #1 before each group.

The drag weight will be checked with the use of a dynamometer and documented as needed. Adjustments will be made for consistency in the weight as needed per the proctors to accommodate for condition/weather changes and variations.