

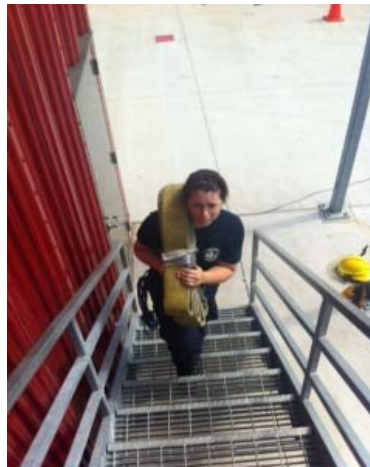


Pre-Employment Evaluation - FIREFIGHTER/PARAMEDIC

This physical evaluation is designed to evaluate an Applicants ability to perform basic firefighter functions by utilizing exercises that simulate firefighter functions. This evaluation is designed to be completed by an Applicant in a continuous fashion without breaks or rest between stages. This physical evaluation is graded on a **Pass/Fail** system and no points are awarded for completion times. Applicants must complete **ALL** exercises within 5 minutes to **Pass** the evaluation. All exercises should be performed utilizing proper body mechanics and personal safety.

Stage One:

Applicants will shoulder a 100ft section of 2 ½ hose bundle utilizing proper lifting techniques and ascend to the top of the fire tower. The Applicants are required to utilize every step while ascending and descending the fire tower. The applicant must also remain in plank position when completing this exercise). The applicant will then shoulder the same hose bundle and descend to ground level. This completes Stage One the applicant will then precede to Stage Two without a rest period.





Stage Two:

The Applicant will utilize the Keiser Sled and move an I beam with a rubber coated sledge hammer to the other side of the sled. (Applicants are not allowed to drag or pull the I beam with the hammer). This completes Stage Two, the Applicant will then proceed to Stage Three without a rest period.



Stage Three:

The Applicant will drag a charged 1 ¾ hose line 50 feet then spray down a cone that is 20 feet away using the 1 ¾ hose line. This completes Stage Three; the Applicant will then proceed to Stage Four without a rest period.



Stage Four:

The Applicant will raise and lower a rolled 2 ½ up to the top of the hoisting training prop using a hand over hand technique. The Applicant will then repeat raising and lowering the same rolled 2 ½. This completes Stage Four, the applicant will proceed to Stage Five without a rest period.



Stage Five:

The Applicant will drag a 165 lb manikin 75 feet. The manikin's feet must completely pass the cones for time to stop. The Applicant may use variety of dragging techniques but none may compromise proper body lifting techniques or jeopardize safety. This completes Stage Five and Evaluation.

