



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 on Saturday, May 18, 2024 at the Clackamas Fire District #1 Training Facility located on 15990 SE 130<sup>th</sup> 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 5 (five) tasks. The Fire Fighter will be wearing a turnout coat, SCBA, safety glasses and helmet which can weigh up to 60 pounds. The tasks are performed beginning with task #1 through task # 5 without stopping.

### **Tasks #1-#5, - Completion Maximum Time 8:00 minutes**

#### **Task 1, Simulated Pre-connect Pull**

Related Tasks: Simulates stretching a charged 150' 1 ¾" 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 2, 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 3, 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 ¾" 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 5<sup>th</sup> floor of the training tower (both feet must be placed on the 5<sup>th</sup> 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 4, 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 5, 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.