

PHYSICAL ASSESSMENT GUIDANCE NOTE

NOTE

All of the physical tests will be demonstrated prior to commencement.

Candidates will also have an opportunity to practice SOME of the tests before they have to carry them out.

Candidates will wear full PPE. This will include helmet, tunic, gloves, leggings and fire boots.

LADDER CLIMB (TIME LIMIT – GUIDELINE ONLY OF NO MORE THAN 3 MINUTES)

To complete the test successfully you will need to demonstrate confidence going up the ladder, applying the correct technique, and coming down again.

You will climb the ladder until you are approximately two-thirds of its height from ground level, which will be marked to indicate that position.

At that point, you will use a leg-lock to secure yourself to the ladder then release your hands from the ladder, outstretch your arms to the side, leaning back and looking over your shoulder, to identify a symbol being held by an instructor at ground level.

When you have identified the object, you will be told to put your hands back on the ladder and release the leg-lock.

You will then be instructed to descend the ladder.

You will be shown how to climb the ladder and how to apply the leg lock. You will then be allowed to practice the leg-lock.

You will be wearing a full body harness, and will be attached to a fall-arrest device.

CASUALTY EVACUATION TEST – (TIME LIMIT – 41 SECONDS)

To complete the test successfully you will need to combine upper and lower body strength and co-ordination. You will be required to drag a mannequin/dummy for a distance of 30 metres.

Firmly grasp the carrying handle at the back of the dummy's head with both hands.

Keeping your body upright and your back straight pick up the dummy.

Drag the dummy from the start cone, walking backwards along the 30 metre route to the finish line.

The assessor will guide you so there is no need to turn around to look for the corner.

The assessor will tell you when to turn.

LADDER LIFT SIMULATOR TEST

To complete the test successfully you will need to combine upper and lower body strength and co-ordination to lift the ladder to the required height (190cm – marked on the apparatus) and lower it safely under control, with the cradle loaded with 15kg of weight.

Start the lift with an underhand grip and your palms upward

Lift and drive the bar through the wrist changeover zone, pushing the ladder up to reach the mark at 190 cm.

Then under control, lower the bar back to its resting position keeping your hands inside the lifting area of the bar.

You must not squat down to start the lift.

You must wear gloves.

The safety officer will assist you if needed during the lift, and you will first practice with 5kg on the cradle. The additional 10kg will then be added, provided your technique is deemed acceptable to undertake the full test.

CONFINED SPACE TEST (TIME LIMIT – 5 MINUTES)

To complete the test successfully you will need to combine confidence, agility and stamina to negotiate the crawl/walk way in the allowed time.

You will be required to negotiate a crawl/walk way.

You will start the test wearing a BA face mask with clear vision.

Make your way through the crawl/walk way until you reach the assessor at the opposite end of the unit, there is only one way through the run; forward, left, right or up, down and there are no doors to open.

There is a drop-down section from the upper to the lower level, which you must negotiate feet first.

When you reach the other end, an assessor will stop you, place an obscuration cover over your face mask, turn you around and tell you to return along the route you have just taken.

You should complete the test without jeopardising your safety and wellbeing.

Your time will start as soon as you enter the crawl way and will stop when you exit.

The assessor tapping you on the head and saying STOP will indicate the finish.

You may withdraw yourself from the test at any time or if the safety officers think you are suffering unduly you will be withdrawn from the test.

EQUIPMENT ASSEMBLY TEST (TIME LIMIT – 5 MINUTES, 8 SECONDS)

To complete the test successfully you will need to assemble and then disassemble the Portable pump in the manner described within the time limit.

Pick up parts 1 & 2 and screw part 2 into the base plate

Screw part 3 onto the thread of part 2

Screw the larger ring of part 4 onto the top of part 3

Screw part 5 onto the top of part 3

Put part 6 through the small ring of part 4 with the three holes close together at the top

Slide part 7 over the top of part 6 and rest it on the top of part 5

Push part 8 through the hole in the side of part 5, passing through the bottom hole of the three holes on part 6

Screw part 9 on top of part 6

Attach the end of part 10 to the attachment on the bottom of part 3.

Once the unit has been assembled completely and correctly (as per the instructions and diagram) your total assembly time will be noted.

You will then be told “GO”, and start disassembling the unit in the reverse order, placing each item back on the board in the designated position. Once you have completed the disassembly you will be told “STOP” and your time will be recorded.

All threads should be left FINGER TIGHT only. Also, beware of cross threading part No 4 (the figure of 8 ring). If you go wrong, you will be told to STOP, and be referred to the pictures on the wall.

An instructor will demonstrate the assembly and disassembly of the unit providing a commentary as they go.

EQUIPMENT CARRY TEST (TIME LIMIT – 5 MINUTES, 47 SECONDS)

To complete the test successfully you will need to combine endurance, upper and lower body strength and co-ordination, and complete the test within the time limit.

You will be carrying equipment over the length of the course, moving around the two cones, which cover a distance of 25 metres.

The items are laid out on the start/finish line in the order that they are to be used.

You will start level with this line holding the hose-reel at waist height.

Run the hose to the second cone and place it down.

Run/jog back to the start and pick up the two coils of red hose by the handles.

Carry them up and down the course for 4 lengths, then place one down back in the marked space.

Pick up the other by the centre lugs and carry at chest height down to the second cone and place it down, then jog three lengths back to the start.

Pick up and carry the hose and basket up and down the course for 4 lengths and place back in the marked space.

Then run/ jog up and down the course for 4 lengths.

Then pick up and carry the barbell up and down the course 4 lengths.

You do not have to remember the sequence of events as the assessor will guide you. You must not run with equipment other than the hose-reel at the start, though you may run or jog when not carrying equipment.