

# Informed Consent for Firefighter Physical Aptitude Job-Related Tests



This assessment is designed to evaluate the physical work capacities of healthy, physically active individuals. Each test requires a maximal effort. Assessment of physical fitness components requires that the undersigned, hereby, voluntarily consents to the following tests as part of the OFAI Firefighter Physical Aptitude Job-Related Tests (FPAT) evaluation:

1. Resting blood pressure and heart rate
2. Mass and Height determination
3. Familiarization Session for Firefighter Physical Aptitude Job-Related Tests
4. Assessment of Firefighter Physical Aptitude Job-Related Tests

## Explanation of the Tests

Baseline measurements will be determined using an automatic blood pressure device, followed by anthropometric measurements (height and mass).

The Firefighter Physical Aptitude Job-Related Tests are comprised of six assessments that evaluate an individual's ability to complete the essential physical demands of structural firefighting. The tests are performed sequentially, and timed independently. In order to pass, all six tests must be completed safely, correctly, and in the prescribed amount of time.

The tests are performed in full personal protective equipment (PPE) that weighs approximately 23kg (51lb), depending on size. This ensemble includes: helmet, flash-hood, leather work gloves, coveralls, pants, boots, jacket, a safety harness and a self-contained breathing apparatus (SCBA). Participants must carry the SCBA, but are not on air.

Prior to commencing the assessment, you will participate in a mandatory familiarization session which provides you with an opportunity to practice each of the six tests. This takes approximately 30 minutes and serves two purposes. First, you are familiarized with the testing procedures, and second, the practice provides a suitable warm-up for the tests that follow. Each of the six tests is followed by a recovery period of exactly three minutes. You may not leave the testing area, or remove the protective clothing during the recovery.

The following is a list of the six tests:

### 1. Equipment Carry/Vehicle Extrication

The test time begins when you move to pick up the small (20 kg or 44 lb) tool. You will lift and carry the small and then the large (36 kg or 80 lb) tools from the starting point and place them in designated places on the floor 15 m (50') away.

Next, you will pick up the smaller (20 kg) tool, carry it 7.6 m (25') and set it down in front of a vehicle door mock-up. The smaller tool must be held in a level position at right angles to the door mock-up with the "jaws" in firm contact with each of three flat metal discs that are similarly oriented to the three "pins" that must be broken to remove a car door. The tool must be held in the correct position for 30 s on each disc. The tool is set down between each hold, and you must stand erect before lifting the tool and moving on to the next point of contact.

After this sequence is completed, you will return both tools to the starting point. The test time stops

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when you place both feet securely on a rubber mat. The total walking distance is 105 m (345'). This test evaluates the muscular strength and endurance required to lift, carry and use heavy tools in rescue situations.

**In order to pass the test, you must complete all aspects of the simulation safely and with correct form in 3 minutes and 45 seconds or less.**

## 2. Charged Hose Advance

From a standing position facing forward, you will bend and pick up a nozzle connected to 3 lengths of charged 44 mm (1.75") hose. The test time starts when you move to pick up the hose.

Holding the nozzle and hose securely with two hands over the preferred shoulder, you will advance the hose to the finish line. The hose is advanced a distance of 30 m (100') while walking as quickly as possible (running is not permitted).

The test time stops when you place both feet securely on a rubber mat.

**This test assesses lower body strength and power for pulling and dragging. The test must be completed correctly and safely in 27 seconds or less.**

## 3. Weighted Sled Pull

Starting from an erect position facing forward, straddling the rope on the floor, you will bend and pick up a length of static 16 mm (5/8") nylon rope attached to a weighted sled. The test time begins when you begin to reach for the rope.

Keeping your feet securely in place, you will use the rope to pull the sled over the floor a distance of 15.24 m (50'). You will then walk 15.24 m (50') and repeat the pull, walk back 15.24 m (50') and repeat the pull for the third and final time.

The test time stops when the sled has completely crossed the line for the third time.

**This test assesses upper body strength, power, and endurance for pulling and hoisting. The test must be completed correctly and safely in 1 minute and 50 seconds or less.**

## 4. Forcible Entry Simulation

Starting from a standing position, you will pick up the 4.5 kg (10 lb) sledge hammer and use it to strike the mechanically braked target surface of the forcible entry apparatus.

The test clock starts as soon as you reach for the hammer which is standing on the floor directly in front of the apparatus, and stops as soon as a buzzer goes off, indicating the end of the test.

**This test assesses muscle strength and power for striking. The test must be completed correctly and safely in 19 seconds or less.**

## 5. Victim Rescue

Starting from an erect position, you will bend to grasp a rescue harness and drag a mannequin

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weighing approximately 83 kg (183 lb) through a simple serpentine obstacle course. You will turn around a traffic cone at 15 m and return to the start for a total distance of 30 m (100').

The test time starts when you move to pick up the mannequin and ends when the mannequin's feet are completely across the finish line. No part of your body or the mannequin may touch the traffic cones during the test.

**This test assesses upper and lower body muscle strength and endurance for pulling and dragging. The test must be completed correctly and safely in 57 seconds or less.**

## 6. Ladder Climb

Starting from a standing position facing the ladder, you will climb 10 rungs (3.45 m) up and down a 7.2 m (24') ladder. This is repeated five times as quickly as possible.

A repetition begins with both feet on the floor at the base of the ladder. You will climb and place two feet on the 10th rung (weight-bearing step is required), reverse direction and climb down until both feet are again on the floor to complete the repetition.

The test time starts when you move to start climbing and ends when both feet are on the floor after the 5th repetition. You must maintain three points of contact on the ladder at all times, and must climb the ladder rung by rung, without missing any of the rungs.

**This test evaluates the leg strength and endurance required for climbing under load. The test must be completed correctly and safely in 1 minute and 37 seconds or less.**

**You must pass all six tests to pass this assessment. If one test is failed, the evaluator will end your assessment immediately.**

Other occurrences may dictate that your test requires termination, this at the discretion of your evaluator. You may stop the test at any time due to fatigue or discomfort. Voluntarily stopping the test will result in a failed assessment.

## Risks and Discomforts

During the Firefighter Physical Aptitude Job-Related Tests, you may experience: an increase in heart rate; increased breathing frequency; abnormal blood pressure responses; fainting; irregularities in heart rate; and/or, the possibility of a heart attack. Every effort will be made to minimize the risk of occurrence (i.e., completing the OFAI Medical Questionnaire). Emergency equipment and trained personnel are available on site if necessary.

There is a possibility of mild back discomfort and the possibility of muscle strain/sprain when performing the Firefighter Physical Aptitude Job-Related Tests. In addition, you may experience muscle soreness 24 to 48 hours after the testing session. If muscle soreness occurs, information on appropriate stretching exercises to relieve any soreness can be provided.

Fit of personal protective clothing (PPE) is an integral aspect of your evaluation. The evaluator will work with you to ensure proper fit. It is your responsibility to communicate any questions or concerns about fit before your start your evaluation.

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Initial

During the Firefighter Physical Aptitude Job-Related Tests, you will be required to wear a fall arrest device when climbing the ladder. The purpose of this device is for your personal safety and the safety of the evaluation staff. If you ascend or descend the ladder too quickly, the device may lock. In the event this occurs, the evaluation staff will advise you how to unlock the device and your assessment will continue.

  
Initial

If technical or equipment related issues occur during the Firefighter Physical Aptitude Job-Related Tests, your evaluator will follow a standardized procedure to rectify the issue. In the event that the evaluator must stop the test due to these issues, the evaluator will give you the option to continue with your test immediately OR reschedule the entire FPAT for a different date as determined by the OFAI administration office.

## Expected benefits from testing

These tests will allow for the assessment of your physical working capacity and to appraise your physical fitness to be a firefighter. The results of these tests will be used, in part, to qualify for an OFAI Certificate. Records are kept strictly confidential unless you consent to the release of this information.

## Inquiries

Questions about the procedures used for the Firefighter Physical Aptitude Job-Related Tests are encouraged. If you have any questions or need additional information, please do not hesitate to ask your evaluator for clarification or for information to further explain the procedures.

## Candidate Freedom of Consent

Your participation in each physical fitness test is strictly voluntary. You are free to stop the testing at any point during your evaluation. However, stopping your evaluation may result in a failed assessment subject to OFAI's re-test policy. A certificate for the Firefighter Physical Aptitude Job-Related Tests will not be issued unless the evaluation is successfully completed in full.

I, \_\_\_\_\_ have read this form carefully and I fully understand the test and administrative procedures that I will perform and the potential risks and discomforts associated with the test procedures. I am informed of these risks and have had the opportunity to ask questions that have been answered to my satisfaction. I consent to participate in the described testing procedures.

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Candidate ID #

\_\_\_\_\_  
Candidate Name

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Date: mm/dd/yyyy

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Candidate Signature

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Date: mm/dd/yyyy

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Witness Signature

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Date: mm/dd/yyyy

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Evaluator Signature