

# PHYSICAL ABILITIES ASSESSMENT - FIREFIGHTER RESCUE

## FIREFIGHTER RESCUE

### Purpose of the Test

This test is designed to simulate the critical task of rescuing an injured firefighter from a fire scene. It tests the applicant's anaerobic and aerobic capacity and muscular strength and endurance in the legs, back and arms.

### Assessment Process

You are required to hold the 90kg rescue dummy/ mannequin by straps attached to a harness or under the arms. You will then be required to drag the dummy around the marked course and back, a distance of 30 metres. This task will be conducted on a carpeted, flat surface.

You will be able to pause during this task in order to readjust your grip or compose yourself, however you cannot let go of the dummy, and the timing of the task won't be suspended or halted.

Once you have completed this task, the dummy can be placed on the ground.

### Warnings and Disqualifications

When dragging the dummy in a direct line to and from each mark, the applicant and the dummy must stay on the mat. If the applicant or the dummy go outside the mat the applicant will be given a warning, except if this happens on the turn.

One warning will be given if the applicant does something which may cause injury to themselves or the casualty e.g. drag the dummy by the head or a limb.

Applicants will be disqualified if they let go of the dummy or fail to complete the task within the prescribed time limit.

### Success Criteria

The successful applicant will have completed the task within 49 seconds and received no more than one warning.

[▶ Watch Firefighter Rescue Video](#)

**NOW'S YOUR TIME.**

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