

# PHYSICAL ABILITIES ASSESSMENT - ROAD CRASH RESCUE

## ROAD CRASH RESCUE

### Purpose of the Test

The purpose of this task is to test upper body strength and to perform tasks using rescue equipment relative to road crash rescue.

### Assessment Process

Wearing structural personal protective clothing without breathing apparatus, the applicant will perform three tasks in specified times by placing and holding the tool in a specified area.

The entire assessment will comprise the following tasks:

- Pick up tool and hold for 15 seconds without resting it against your body.
- Position and hold in a static pose against a vehicle in first specified area for 20 seconds.
- Back to hold position (starting position) for 15 seconds.
- Position and hold in a static pose against a vehicle in second specified area for 20 seconds.
- Back to hold position (starting position) for 15 seconds.
- Position and hold in a static pose against a vehicle in third specified area for 20 seconds.
- Place tool on the ground. The total time will be 1 minute 45 seconds.

### Warnings and Disqualifications

A warning will result if applicant:

- Does not maintain tool contact on the vehicle for the allotted time (one warning per task).
- Rests tool against any part of their body during any of the three tasks.

A second offence for any task, the inability to complete any of the tasks or dropping the tool on the ground will result in disqualification.

### Success Criteria

Applicants must complete the three tasks within the allotted time and place the tool back on the ground in the time of 1 minute 45 seconds to be successful.

[▶ Watch Road Crash Rescue Video](#)