



**TASMANIA FIRE SERVICE**  
**MEDICAL CLEARANCE FORM 2020**  
**FIREFIGHTER COME AND TRY DAY/SHUTTLE RUN/ PHYSICAL ABILITIES TEST**  
**FORM 2**

Mr/Mrs/Miss/Other ..... Given Names:..... Surname:.....

Address:.....

Date of Birth: ..... / ..... / .....

**To the Examining Doctor:**

The above person has either expressed an interest to attend a Trainee Firefighter Come and Try Day which consists of the physical abilities test or has applied for a full time position with the Tasmania Fire Service as a Trainee Firefighter in which he/she is required to participate in a physical fitness assessment and physical abilities test.

**Physical Fitness Assessment (Shuttle Run)**

The physical fitness assessment consists of a shuttle run (beep test). Firefighting involves strenuous physical work undertaken in adverse conditions while wearing heavy protective equipment. This places a heavy load on the cardiovascular, oxygen consumption and musculoskeletal systems of the body. This test is used for cardiovascular fitness and assesses the applicant's capacity to achieve a VO<sub>2</sub> max of 45ml/kg/min, which equates to 9.6 in the shuttle run. This test has proven to be functionally related and a valid measure of performance.

**Physical Abilities Test (PAT)**

This group of tests is based on actual operational tasks performed by firefighters. The purpose of the tests is to ensure that applicants possess the following abilities:

1. Work in enclosed space.
2. Anaerobic capacity and agility.
3. Work at height.
4. Physical strength, endurance and co-ordination

The tests are as follows:

**1. Road Crash Rescue (R.C.R)**

The test is designed to test upper body strength and to perform tasks using rescue equipment relative to road crash rescue. Wearing structural personal protective clothing (PPC), helmet, gloves and kneepads, applicants will pick up a RCR tool and without resting any part of it against their body, hold a static pose for 15 seconds. Applicants must then press the tool against the body of a vehicle for 20 seconds at a low height. Afterwards, applicants are required to remove the tool from the vehicle, again hold a static pose for a further 15 seconds then place the tool at a mid-level height against the car for 20 seconds. Lastly, applicants will hold the tool for a final 15 seconds then place the tool at a higher level against the car for 20 seconds. Applicants must complete the three tasks within 1 minute, 45 seconds.

**2. Confined Spaces**

This task is designed to test the applicant's ability to work in a confined, darkened environment and to identify if wearing a facemask or the confined space restricts their capacity to do this. During this task applicants must wear breathing apparatus, facemask and structural firefighting PPC. Applicants are provided with instructions and will move and crawl through a darkened area using a rope guidelines. Applicants will also experience dangling objects in front of them that simulate debris.

**3. Agility Assessment**

This test is designed to simulate the requirement to rapidly move items of firefighting equipment safely at an incident. It assesses anaerobic capacity and agility. It consists of a series of four shuttles where participants wearing structural PPC without BA are required to retrieve pieces of equipment on a marked track. From the start line, applicants run, but not sprint, to the 5 metre line, retrieve a coil of hose and walk quickly back to the start line. There applicants must place the equipment on the ground and continue by retrieving the standpipe at the 10 metre line, a branch at the 15 metre line and a hose key at the 20 metre line. Applicants must complete this task within 47 seconds.

**4. Tower Climb and Container Haul**

The tower / ladder climb tests the applicant's ability to climb heights and is also used to identify whether the applicant will be able to work at heights. This test is designed to simulate the critical tasks of climbing stairs/ladders and hauling equipment up several floors through a vertical distance. It tests aerobic capacity, lower body muscular endurance and upper body muscular strength and endurance. Wearing structural PPC and BA, applicants climb a ladder to the equivalent of 5 stories (15 metres) to the tower platform. From the platform applicants will be required to lift, by rope, a plastic drum containing 15 kg of water for a distance of 8 metres and place it on to the platform floor. Applicants then read aloud to the assessors some symbols on the ground. These three tasks must be completed within 96 seconds.

## 5. Hose Drag

This test is designed to simulate the task of dragging out a 25mm hose line full of water. It tests muscular strength and endurance of both the upper and lower body. Wearing structural personal protective clothing, applicants will quickly drag a 25mm fire hose full of water up an incline with a slope of 5° for a distance of 30 metres. Applicants will then return at a brisk walking pace to the start line and drag another 30 metres of hose to the same position. Applicants will move a total of 90 metres of hose up the incline in 3 stages and complete the task within 1 minute and 25 seconds.

## 6. Firefighter Rescue

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. Wearing structural PPC and BA applicants drag a 90kg rescue dummy around a marked 30 metre course (15 metres to a turning point and return). The dummy can be dragged by the shoulder strap.

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## **MEDICAL EXAMINATION**

If successful the applicant will be expected to be fully fit to fight fires and undertake specialist rescue functions.

Firefighters at times have to carry out prolonged, demanding, physical work in extreme temperature and levels of humidity, wearing protective clothing and breathing apparatus which is bulky and heavy. They will also be exposed to considerable psychological stress in emergencies and dangerous situations, such as at height or in enclosed, dark, smoke-filled spaces. Training is designed to minimise these dangers and stresses, but the maintenance of optimal physical fitness and medical health is essential. Applicants who fulfil all other requirements will undergo a stringent medical examination by the State Fire Commission's Medical Officer.

It should be noted that in addition to general medical problems, certain common conditions may be considered unacceptable for operational Firefighters. A medical history is required to identify whether the applicant should seek a review by a specialist during the selection process to determine whether the applicant is likely to have a condition that may impact on his/her ability to be an operational firefighter.

Can you:

1. Please discuss the above tasks as necessary with your patient and examine him/her to confirm medical fitness to undergo physical testing as detailed above; and
2. Complete the following medical history and advise whether the applicant may require a review by a specialist.

**Has the applicant now or ever had any of the medical problems listed below?**

***Circle One***

- |     |   |  |
|-----|---|--|
| 1.  | Epilepsy?   | Yes/No   |
| 2.  | Nervous or mental illness?  | Yes/No   |
| 3.  | Any impairment of eyesight?<br>Any colour sight deficiency?               | Yes/No<br>Yes/No                               |
| 4.  | Any impairment of hearing?  | Yes/No   |
| 5.  | Cough for more than two weeks?  | Yes/No   |
| 6.  | Asthma, chronic bronchitis, emphysema or any<br>other lung disease?       | Yes/No   |
| 7.  | Shortness of breath on exertion?  | Yes/No   |
| 8.  | Heart disease or high blood pressure?                                     | Yes/No   |
| 9.  | Pains in the chest on exertion?   | Yes/No   |
| 10. | Diabetes?   | Yes/No   |
| 11. | Any trouble with the back or neck?  | Yes/No   |
| 12. | Any trouble or impairment of function of                                  | (a) Upper limb Yes/No<br>(b) Lower limb Yes/No |
| 13. | Is the applicant under any medical treatment at present?                  | Yes/No   |
| 14. | Does the applicant use alcohol? In what form and weekly quantity<br>..... |  |

15. Does the applicant use tobacco? In what form and daily quantity

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16. Are the findings of your examination consistent with the examinee's stated tobacco and alcohol use? Yes/No

17. Do you consider any further specialist tests or reports to be necessary? Yes/No

Give details of any **YES** answers

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Does the applicant currently suffer or has the applicant ever suffered any illness or injury which may restrict the applicant's ability to safely perform the duties of Firefighter or Trainee Firefighter or made any workers compensation claims? yes/no/possibly. If yes or possibly please detail below:

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.....

In my opinion the applicant above is medically fit to undergo Physical Fitness and Abilities Assessments as detailed above.

Doctor's Name: .....  
(Please Print)

Address: .....  
.....

Doctor's Signature: ..... Date: ..... / ..... / 2020

**To Be Completed By The Applicant**

I, ....., certify that to the best of my knowledge the above statements are true and I authorise my doctor to provide, on request, to the Tasmania Fire Service's Medical Officer, any information he may possess relative to any sickness or injury for which he has treated me that may impact on my capacity to undertake the duties of Trainee Firefighter / Firefighter.

Dated: .... / .... / 2020

Signature: .....