

# 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 to readjust your grip or compose yourself, however the timing of the task does not stop when you pause.

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.

Applicants will be given one warning if they do something which may cause injury to themselves or the casualty such as: tripping, falling or dragging the dummy by the head or a limb. They will also receive one warning if they do outside the mat, except if it happens on a turn.

Applicants will be disqualified if they:

- receive a second warning
- fail to complete the task in 49 seconds

### Success Criteria

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

[▶ Watch Firefighter Rescue Video](#)

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