

PHYSICAL ABILITIES ASSESSMENT - ROAD CRASH RESCUE

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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](#)

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