

APPENDIX "A"

CITY OF NORTH BATTLEFORD

FIRE DEPARTMENT



PART TIME PAID-ON-CALL FIRE FIGHTER RECRUITMENT MEDICAL CLEARANCE

RE: Job Related Physical Fitness Test

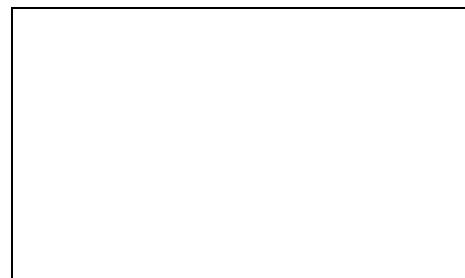
MEDICAL CLEARANCE FOR JOB RELATED PRACTICAL SKILLS

1. **Aerial Ladder Climb** – 22.86meters (75 ft.) climb at a 70° angle (Acrophobia Test).
2. **Rescue Search** – The candidate will conduct a rescue search while wearing a full self-contained breathing apparatus with blacked out mask.(Claustrophobia)
3. **Hose Carry & Lift** – The candidate shall carry 45m(150 ft) of 45mm(1.75 in) hose up three(3) flights of stairs then shall lift, hand over hand, 15m(50 ft) of 65mm(2.5 in) hose, a height of 11m(35 ft), (Strength and Endurance).
4. **Beam Walk** – walk 6 meters (20 ft.) on a balance beam while carrying 19.05kg (42 lb.) (Balance and Agility).
5. **Ladder Lift** – Remove a 7 meter (24 ft.) extension ladder off of the truck and put it on the ground, then replace the ladder to its original position (Co-ordination and Dexterity)
6. **Victim Drag** – Pick-up and drag a 79kg (175 lb.) Rescue dummy at least 15 meters (50 ft.) in 45 seconds (Stress and Endurance).
7. **Ventilation Drill** – Swing 2.9kg (6.5 lb.) Mallet against a wooden block 50 times in one minute (Endurance and Co-ordination)
8. **Hose Drag** – Drag 45 meters (150 ft.) of 65mm (2.5 in.) hose until they are completely straight, then the entire weight, 15 meters (50 ft.), within 30 seconds (Strength and Endurance)
9. **Swim Tests** – Tread water for three (3) minutes in street clothes (jeans and t-shirt). Swim fifty(50) meters any stroke in swim suit.

CANDIDATE _____(print)

PHYSICIAN _____(print)

PHYSICIAN OFFICAL STAMP



I know of no medical reason why the candidate should not attempt the above tests.

PHYSICIAN _____
Signature

DATE _____