



Jackson Hole Fire/EMS Operations Manual

Approved by:  <u>SMITH MD</u>	Title: Work Capacity Testing
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PURPOSE

Jackson Hole Fire/EMS is committed to the health and safety of its members. Line of duty deaths and disabilities are devastating and it is the goal of this department to mitigate the risk factors that lead to these incidents as much as possible with an ongoing medical screening process as well as an annual physical assessment test. This is to ensure that candidates and operational members are physically able to perform essential job tasks on emergency scenes.

Operational members are defined as personnel that perform emergency response to emergency scenes.

SECTION I – WORK CAPACITY TEST

All Operational members will complete the annual Work Capacity Test (WCT) as offered by JH Fire/EMS.

- Members that fail to complete the medical/physical and Work Capacity Test will be restricted from responding to calls until completed.
- While not all members of this department are certified as firefighters, EMS work requires physically strenuous activity as well. To ensure consistency and fairness during the assessment process, the same events are used for all operational members.
- During the assessment members will wear appropriate work out gear and gymnasium style footwear.
- BLS bag and AED are required and provided by crew.
- CPR Mannequin and BVM are required and provided by crew.
- 25 lb. weight vest worn throughout the test, left at JH Indoor

SECTION II – PROCEDURE, EVENTS, & TIMING

- Members fill out a WCT timesheet which will record all personal attempts.
- Captains must sign off on this timesheet which will then be delivered to Administration for record keeping.

- Please keep in mind proper lifting form and core engagement in all that you attempt during the test. A fast time is never worth a lingering injury or strain.
- Averaged times analyzed every two years will determine new standards moving forward. It is understood that EMS times will have longer tolerances.
- Satisfactory times currently are measured at 7 minutes or less- EMS at 10 minutes or less.
- Unsatisfactory times are to be reported to the Captain and Medical Director for review

Events #1 thru #7 are timed.

Event #1 - Hose Drag

- 50-yard Sled Pull weighted with 90 lb. pulled with strap over shoulder (smaller sled w/ two 45lb plates).

Event #2 –Ladder Carry/Ceiling Breach

- 45 lb. single arm barbell carry: 20 yards.
- 6- 45 lb. barbell pike thrust (3 over each shoulder)
- 45 lb. single arm barbell carry: 20 yards.

Event #3 –Stair Descent/Ascent

- 40 lb. sandbag stairway descent/ascent: 2 flights

Event #4 - Hose Hoist

- 90 lb. sled hand-over-hand rope pull: 20 yards (smaller sled w/ two 45lb plates).

Event #5 – Stair Descent/Ascent

- 40 lb. sandbag stairway descent/ascent: 2 flights.

Event #6 – Axe/Tool Work

- 12 – 20 lb. ball slams (6 over each shoulder).

Event #7 – Rescue

- 50-yard Sled Pull weighted with 135 pounds of plates pulled backwards with strap (larger sled w/ three 45 lb. plates).

Untimed event

Event #8 -- Two minutes of one-man CPR

- Perform 2 minutes of one-man adult CPR on dummy, including proper positioning & ergonomics and use of BVM.
- Pass/Fail

APPENDIX A - SCHEDULING & SPECIFIC GUIDELINES

The test is being kindly hosted at The Gym at JH Indoor:

- Remember that we are always representatives of JH Fire/EMS.
- Please be kind, respectful to other gym patrons, and be aware of where you are, what gear you're using, etc.
- Specific dates and times will be specified on the Training Calendar and through Station Leadership.
- A testing session will be cancelled if less than six individuals have signed up.
- Park to the back ends of the parking lot, as out of the way as possible, no engines in parking lot.
- There will be *Fire Training Ahead* signs at either end of the turf (stairwells) to designate the testing area.
- Feel free to practice as many times as you like, but please coordinate prior with your leadership.

POST VITALS CHECK

- Any member exhibiting prolonged shortness of breath (greater than ten minutes), or Cardiac complaint should be treated as a patient with an overexertion injury.

SITE MAP ATTACHED

SCAN QR CODE FOR VIDEO EXAMPLE:



