FREDERICK COUNTY
DIVISION OF FIRE AND RESCUE SERVICES

Bureau of Professional Services
5370 Public Safety Place
Frederick, MD 21704

Dear Physician:

Your patient has expressed a desire to participate in the Fire Work Performance Evaluation, which is part of the testing process for the position of Part-time Firefighter for Frederick County.

Enclosed you will find a description of the testing process. Please review the documents and complete the Doctor's Certification of Fitness to Perform the Fire Work Performance Evaluation, which evaluates the physical ability of your patient to participate in the testing process. Should you have any questions, please contact:

Ron Hebb, Manager – Physical Training & Wellness
Frederick County Division of Fire and Rescue Services
Health & Wellness Office at 301-600-6869

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DOCTOR'S CERTIFICATION OF FITNESS

FIRE
WORK PERFORMANCE EVALUATION

I have reviewed the attached nine elements of the Frederick County Division of Fire and Rescue Services Fire Work Performance Evaluation, and certify that the candidate listed below is under my care and is able to prepare for and perform the elements of the test safely.

Candidate's Name: _____

Agency to Which
Application is Made: Frederick County Division of Fire and Rescue Services

Date of
Examination: _____

Expiration Date is six months from date of exam.

Doctor's Signature: _____

Name Printed/Typed: _____

Address: _____

Phone #: _____

This form will expire six months from date of examination. Upon expiration, a new certification form must be completed before any further processing can be done.

*****************IMPORTANT*****************

Candidates must bring this form when reporting for the Fire Work Performance Evaluation. Without this form, you <u>will not</u> be tested.

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PRE-EMPLOYMENT
FIRE
WORK PERFORMANCE EVALUATION

EVALUATION PROCEDURES

The FIRE WPE includes a preparatory event followed by an initial 75-foot walk and nine sequential events as follows:

PREPARATORY EVENT

- Donning of PPE and SCBA

NINE SEQUENTIAL EVENTS

- Hose Drag
- Equipment Carry
- Ladder Carry, Raise and Extension
- Forcible Entry
- High Rise Pack Carry
- Ventilation
- Rescue
- Hose Pull
- Ceiling Breach and Pull

PREPARATORY EVENT – DONNING OF PPE AND SCBA

EQUIPMENT

- A complete set of approved personal protective equipment (pants, boots, coat, hood, helmet and gloves)
- A complete Self Contained Breathing Apparatus (SCBA) to include face piece.

PURPOSE OF EVALUATION

This event is designed to simulate the critical tasks of donning and properly securing a complete set of personal protective equipment (pants, boots, coat, hood, helmet and

gloves) and an SCBA. You will be challenged to properly don a full set of Personal Protective Equipment and properly secure all flaps, straps, gloves, etc. Furthermore, you will be challenged to properly don an SCBA pack with face piece and begin breathing air.

EVENT

During this event, you are required to don and properly secure a complete set of approved personal protective equipment (pants, boots, coat, hood, helmet and gloves) and an SCBA. You will properly don a full set of Personal Protective Equipment and properly secure all flaps, straps, gloves, etc., while standing in a marked box with your shoes off. When your PPE is secure you will don an SCBA pack with face piece and begin breathing air. Once you've locked the regulator into your face piece, timing of the WPE begins with the Lead Proctor's "START" command. You are not allowed to proceed to the next event until all your PPE and SCBA is properly positioned and functioning and you are motioned to move on to the next event by the Lead Proctor. Upon completion of this event, you will walk 75 feet along the established walkway to the next event.

EVENT 1 – HOSE DRAG

EQUIPMENT

- 100 feet of double jacketed 1-¾ hose – hose is marked at 8' past the coupling at the nozzle and at 50' past the coupling at the nozzle
- Automatic Nozzle - 6 lbs (+ or - 1 lb.), 3 kg (+ or - .5 kg)

PURPOSE OF EVALUATION

This event is designed to simulate the critical tasks of extending an uncharged hose line from the fire apparatus to the fire occupancy and pulling the uncharged hose line while you remain stationary.

EVENT

During this event, you are required to extend an uncharged hose line and pull the uncharged hose line while you remain stationary. You will grasp the hose nozzle attached to 100 feet of 1-and-3/4-inch hose. You will place the length of the hose line eight feet or less over your shoulder or across your chest. You will drag the hose 75 feet to a pre-marked box. Once you enter the box, you will turn to face the hose line and drop to at least one knee. You will then pull 50 feet of hose, as indicated by a marking on the hose, to the finish line. The mark on the hose line must pass the established finish line. Upon completion of this event, you will walk 75 feet along the established walkway to the next event. During the hose pull, you must remain on at least one knee within the marked boundary lines at all times.

EVENT 2 – EQUIPMENT CARRY

EQUIPMENT

- Rescue Circular Saw – 29 lbs (within the + or - 3 lbs CPAT Standard of 32 lbs)
- Chain Saw – 25 lbs (within the + or - 3 lbs CPAT Standard of 28 lbs)

- Exhaust Fan – 37.5 lbs (within the + or – 7 lbs DFRS WPE Standard of 44 lbs)
- Tool Cabinet

PURPOSE OF EVALUATION

This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to an emergency scene, and returning them to the fire apparatus.

EVENT

During this event, you are required to remove power tools from a tool cabinet, carrying them, and returning them to the tool cabinet. You will remove the equipment from the cabinet. You will then carry the equipment while walking 75 feet to a pre-marked area, set down the equipment, pick up the remaining equipment, and walk back to the starting point. You will then return the equipment to the cabinet. Upon completion of this event, you will walk 75 feet along the established walkway to the next event.

NOTE

During the equipment carry, you are allowed to stop, place the equipment on the ground, and adjust your grip.

POINT OF REMEDIATION

- Failing to place the equipment back into the cabinet unassisted

EVENT 3 – LADDER CARRY, RAISE AND EXTENSION

EQUIPMENT

- Two 24 foot aluminum ground ladders
- One 16 foot roof ladder
- Pivoting bracket for ladder raise
- Retractable safety lanyard
- Rope for ladder extension

PURPOSE OF EVALUATION

This event is designed to simulate the critical tasks of picking up and carrying a ground ladder, placing a ground ladder at a fire structure, and extending the ladder to a roof or window.

EVENT

During this event, you are required to pick up and carry a ground ladder, place a ground ladder, and extend the ladder. You will properly pick up a 16-foot roof ladder and properly carry the 16-foot roof ladder 75 feet to a marked area and safely place the ladder down. You will then walk to the end of a 24-foot aluminum extension ladder positioned on the ground. Lift the top rung of the unhinged end of the ladder from the ground and walk it up in a hand-over-hand fashion using each rung of the ladder until the ladder rests against the wall. After successfully completing the ladder raise, you will proceed immediately to a second pre-positioned and secured, 24-foot aluminum extension ladder. You will fully extend the fly section and maintain control of the ladder

by pulling on the rope halyard in a hand-over-hand fashion until it hits the stop. You will then lower the fly section hand-over-hand in a controlled fashion and return the ladder to its original starting position. Upon completion of this event, you will walk 75 feet along the established walkway to the next event.

POINTS OF REMEDIATION

- Lifting the ladder improperly
- Carrying the ladder improperly
- Allowing the ladder to fall during raise and activating the safety lanyard

EVENT 4 – FORCIBLE ENTRY

EQUIPMENT

- Forcible Entry Machine
- 10 pound sledgehammer
- Toe Box

PURPOSE OF EVALUATION

This event is designed to simulate the critical task of using force to open a locked door or to breach a wall.

EVENT

During this event, you are required to use force to simulate opening a locked door or to breach a wall. You will use a 10-pound sledge hammer to strike the measuring device in the target area until the buzzer is activated. You will then place the sledge hammer on the ground. Upon completion of this event, you will walk 75-feet along the established walkway to the next event.

EVENT 5 – HIGH RISE PACK CARRY

EQUIPMENT

- High rise pack consisting of 100 feet of 1-and-¾” hose
- Elevated platform to hold high-rise pack

PURPOSE OF EVALUATION

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high rise pack or hose bundle.

EVENT

During this event, you are required to climb stairs in full protective clothing while carrying a high rise pack or hose bundle. You will pick up the high rise pack or hose bundle from the elevated platform and place it on your shoulder. You will climb the stairs to a pre-determined landing. Upon reaching the pre-determined landing, you will walk around the cone and back down the stairs to the marked box and place the high rise pack or hose bundle back down on the elevated platform. Upon completion of this event, you will walk 75 feet along the established walkway to the next event.

POINTS OF REMEDIATION

- Failing to carry the high rise pack or hose bundle on your shoulder

EVENT 6 – VENTILATION

EQUIPMENT

- Ventilation Prop
- 6-pound sledge hammer

PURPOSE OF EVALUATION

This event is designed to simulate the critical task of ventilating a structure.

EVENT

During this event, you are required to pick up the 6-pound sledge hammer and step onto the ventilation prop. You will position your feet within the red areas on the ventilation prop. You will use the sledge hammer to strike the measuring device in the target area until the buzzer is activated. Once you have activated the buzzer, you will dismount the ventilation prop and place the sledge hammer down. Upon completion of this event, you will walk 75 feet along the established walkway to the next event.

EVENT 7 – RESCUE

EQUIPMENT

- 165-lb. mannequin dressed in fire gear
- Harness
- Drum

PURPOSE OF EVALUATION

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene.

EVENT

During this event, you are required to grasp one or both handles of the shoulder harness attached to a 165-pound mannequin and drag it 35 feet around a pre-positioned drum. Make a 180-degree turn around the drum and continue an additional 35 feet until the entire mannequin has been dragged past the finish line. Upon completion of this event, you will walk 75 feet along the established walkway and up the stairs to the next event.

NOTE

During the rescue event, you are allowed to stop and adjust your grip if needed. Additionally, the mannequin is permitted to come in contact with the drum. Remember that the entire mannequin must be dragged past the marked finish line to complete the event.

EVENT 8 – HOSE PULL

EQUIPMENT

- 100 feet of double jacketed 1-and-3/4” hose – hose is marked at 50’ from nozzle at the coupling
- Automatic Nozzle

PURPOSE OF EVALUATION

This event is designed to simulate the critical task of pulling an uncharged hose line and nozzle up to a pre-determined height.

EVENT

During this event, you are required to pull an uncharged hose line and nozzle up to a pre-determined height. Upon reaching the pre-determined height, you will grasp the hose line and pull the 1-and-3/4” hose line upward, hand-over-hand, until the marked coupling reaches the top rail. Once the coupling has reached the top rail, you will lower the hose line back down in a controlled manner until it reaches the ground. Upon completion of this event, you will walk 75 feet down the stairs and along the established walkway to the next event.

POINTS OF REMEDIATION

- Failing to pull the hose line hand-over-hand to the marked coupling

EVENT 9 – CEILING BREACH AND PULL

EQUIPMENT

- Ceiling Breach and Pull Device
- 6-foot pike pole

PURPOSE OF EVALUATION

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension.

EVENT

During this event, you are required to remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the painted area on the hinged door in the ceiling. You will push up fully with the pike pole on the hinged door in the ceiling ten times. Then you will hook the pike pole to the ceiling device and pull down the counterbalance lever ten times. You will be required to perform one complete set, which consists of ten pushes and ten pulls. If you drop the pole, you must pick it up by yourself and resume the event. If you do not successfully complete a repetition, the proctor will call “miss” and you must push or pull the apparatus to complete the repetition. If you do not complete the missed repetition, the entire set will not count.

NOTE
You are permitted, if needed, to stop and adjust your grip. Should you release your grip or should your hands slip from the pike pole without the pole falling to the ground you should re-establish your grip and resume the event.

REHABILITATION & POST-EVALUATION PROCEDURES

At the conclusion of the Fire WPE, all firefighter applicants must follow the Fire WPE rehabilitation procedures and protocol and complete the post-evaluation screening that includes follow-up vital signs and an EKG.

The Fire WPE rehabilitation procedures require firefighter applicants to:

- Come out of PPE
- Rehydrate
- Cool down by walking
- Enter the designated rehab area and sit down (10-15 minutes after the conclusion of the evaluation)

The follow-up vital signs screening includes blood pressure, pulse, respirations, pulse oximetry, and body temperature. The follow-up EKG will be a 3-lead EKG to detect any basic arrhythmias – anything other than a normal sinus rhythm. All firefighter applicants will be given water to ensure adequate rehydration.