



CHENA-GOLDSTREAM FIRE & RESCUE

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Business (907) 479-5672 FAX: (907) 479-5858

AGILITY TEST FOR EMS ONLY

To Begin

The member will start the test at the direction of a timekeeper. Any clothing suitable for response as an EMT with Chena-Goldstream F&R will be acceptable apparel for this test. No running is allowed.

Step 1—Medical Box Carry

The member will carry a simulated medical box weighing approximately 15 pounds up three floors and back down three floors. This may be up and down a single story stairway three times. Each tread on the stairway must be stepped upon.

Step 2—Rescue Randy Drag

The rescue dummy will be found at the base of the stairway just climbed. It will be dragged using a rescue strap for twenty-five feet, around a cone and back to its original location.

Step 3—Trauma Bag Carry

The member will carry an trauma bag up three floors and back down three floors. This may be up and down a single story stairway three times. Each tread on the stairway must be stepped upon.

Step 4—Hydraulic Cutter Raise

The member will walk twenty-five feet and using correct lifting techniques will lift a Hurst cutting tool at least 40 inches off the floor or ground and then place it back on the floor or ground. This will be repeated for a total of eight repetitions.

Step 5—Pull Cord

The member will then pull the starting rope on a Hurst pump five times. The rope must be pulled out its entire length on each pull. (The pump will be turned off for the test). A 15-pound weight may be lifted with one hand five times to simulate this activity.

Step 6—Gurney Load

The member will then proceed to the back of the ambulance parked within 50 feet and using proper lifting techniques will lift insert and then remove the gurney from the ambulance three times. The gurney will be loaded with 110 pounds. The front wheels may remain on the ambulance floor provided that the gurney legs fully lock each time. The member will close the back doors of the ambulance. This will conclude the test.

MEMBER HAS 8 MINUTES TO COMPLETE THE TEST