

## Registration Form

### Role Related (Physical) Assessments

The Role Related test is the third stage of the recruitment process. You must be successful at this stage in order to proceed to the next stage of the selection process.

It is important that on the day of your assessment you arrive fit and well hydrated. Health and wellbeing is essential to the role of a Firefighter. You must keep well hydrated and drink at least 1.5 to 2 litres of fluid per day. You must make sure that you drink water before, during and after the tests.

You will be required to undertake and successfully complete all of the following role related (physical) tests in order to be deemed to have passed the Role Related assessment:

- Ladder Climb
- Casualty Evacuation
- Ladder Lift
- Enclosed Space
- Equipment Assembly
- Equipment Carry
- Ladder Extension
- Ladder Lift Manoeuvre & Carry Test

On the day, prior to commencement of tests, instructors will ensure that all applicants are given an explanation / demonstration as required.

All physical tests are performed in standard firefighter personal protective equipment which will be provided on the day, (helmet, jacket, trousers, gloves and boots) which together weigh 10kg. This will make the tests slightly more difficult than they first appear, as this additional weight will make movement more difficult.

### Ladder Climb

The ladder climb test assesses confidence to work at heights. You must ascend 2/3 of the way up the ladder and take a leg lock. When secure you will then be required to take your hands off the ladder lean back and look down and identify a word or number on a piece of paper held by the instructor below. This test is to be completed within an allocated time scale.

