

Bensenville Fire Protection District
Fire Academy Basic Operations Firefighter
Job Performance Task Physical Requirements

1. Aerial Ladder Climb

Candidates must climb a minimum of 50 feet up an aerial ladder and back down again without repeated or prolonged stops during the ascent or descent in full turnout gear and SCBA. Full turnout gear consists of protective boots, protective trousers, protective coat, and a protective hood to wear around the neck, head and face area. A protective helmet and gloves are also required to be worn. This clothing weights about 50 - 60 pounds. The SCBA a breathing apparatus weights about 30 pounds.

2. Portable Ground Ladder Carry, Raise and Extension

Candidates must be able to carry individually or in a group of 2, 3, or 4 member portable ground ladders ranging from various sizes 12', 14', 16', 18', 20', 24', 28', 30', 35', 40', ranging in various weights 50 to 100 pounds and lengths. Candidate from a squatting position will have to raise these ladders overhead and extend various sections pulled by a rope weighting a range of 25 to 75 pounds to various heights in a short amount of time in full turnout gear and SCBA.

3. Dummy Drag or Rescue of Victims

Candidates must be able to drag a 165 pound dummy or rescue victim by themselves and or with a partner for at least 50 feet from starting point to a designated end point with full gear and SCBA.

4. Forcible Entry

Candidates must be able to repeatedly strike a locked reinforced door made of wood or metal using striking tools until the door fails breaking open or the lock breaks away. This is conducted in full turnout gear and SCBA either in a standing or in a kneeling position while in full turnout gear and SCBA.

5. Salvage and Overhaul

Candidates must be able to repeatedly force a metal pole type tool with a hook on it to enter a wall or ceiling while pulling away broken material from that wall or ceiling made up of plaster, drywall, wood or concrete. These tools could be used to work overhead, straight on or even ground level in full turnout gear and SCBA.

6. MAZE and Obstacle Courses

Candidates, in full turnout gear while wearing SCBA breathing from the face mask will have to crawl on their hands and knees, following a life-line or fire hose through a pre-arranged course with obstacles. These obstacles can include but not be limited to broken construction materials, furniture, weaken floors or ceilings, up and down stairs with water present looking for the rescue dummy or a downed firefighter in full turnout gear and SCBA who needs rescue to the outside via doors, windows on ladders or broken and or burned stairways.

7. Charged Hose Line Advancement

Candidates must be able to advance a charged hose line with water in it at an exerted pressure pointed in the direction of live fire with heat and smoke conditions either standing or crawling to get to the fire. This may also include advancing the hose line up or down stairs, up or down portable ground ladders, all while wearing full turnout gear and SCBA.

Bensenville Fire Protection District

Fire Academy Basic Operations

Firefighter Physical Fitness Requirements

At the beginning and end of the Basic Operations Academy, a PFT instructor will be measuring each candidate's Body Composition, muscular strength, muscular endurance, and flexibility. Physical fitness activities will take place for a duration of one hour and a half once a week and will include the following physical activities listed below:

1. **Running**

Candidates will be running at a steady pace for up to three miles outdoors.

2. **Strength Training**

Candidates will be performing strength training exercises with the use of resistance bands. Candidates will also be performing activities such as lunges, squats, pushups, and various other exercises specific to strength training.

3. **Cardiovascular Activities**

Candidates will perform cardiovascular activities such as jumping jacks, mountain climbers, sprinting, stair climbing and various other exercises.

4. **Core training**

Candidates will perform core exercises such as various plank positions, sit ups, leg raises, and various other exercises for strengthening of the core muscles.

5. **Flexibility**

Candidates will perform exercises to improve or maintain flexibility such as yoga and Pilates.