

Orange County Fire Authority

Hand Crew Firefighter Work Capacity Pack Test Instructions & Overview

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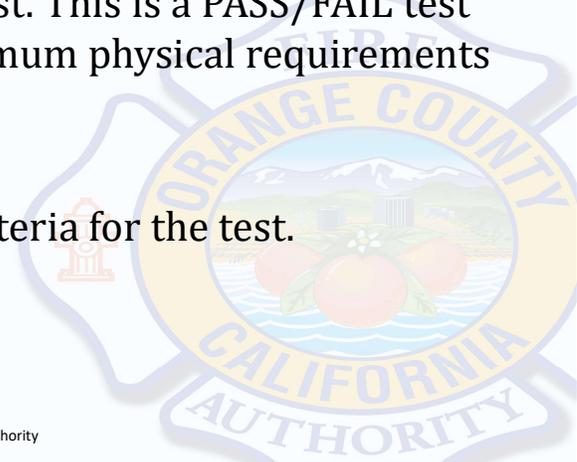
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Overview

You have been selected to participate in the Hand Crew Firefighter Work Capacity Pack Test. This is a PASS/FAIL test to determine if you meet the minimum physical requirements of a Hand Crew Firefighter.

This document will explain the criteria for the test.

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What You Will Need

You are required to bring several items and dress accordingly on the day of the test. You will need:

- Government Photo ID
- Comfortable Clothes and Mask
- Signed Consent Forms
- (Recommended) Watch, water, snack



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Test Criteria

- Test must be completed in 45-minutes to Pass
- You must wear a vest weighing approximately 45 lbs.
- You must walk, running at any point is not allowed
- One foot must remain on the ground
- Violations will result in correction from proctors, multiple violations will result in a disqualification



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Finishing the Test

- Upon finishing the test, report to the Proctor for credit
- Assistant Proctors will be staged at turnouts for assistance
- If you experience a medical emergency at any point or are otherwise unable to finish the test, you must inform a Proctor or Assistant Proctor immediately for assistance
- Return the weighted vest to the staging area prior to leaving
- Collect all personal belongings

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