

This document's purpose is solely to aid the medical provider in evaluating an arduous duty fire personnel medically in regards to what they are likely to be exposed to in the fire environment.

**ESSENTIAL FUNCTIONS AND WORK  
CONDITIONS  
OF A WILDLAND FIREFIGHTER**

May Include:

| <b>Time/Work Volume</b>  | <b>Physical Requirements</b>  | <b>Environment</b>  | <b>Physical Exposures</b>  |
|--|---|---|--|
| <ul style="list-style-type: none"> <li>• long hours (minimum of 12 hour shifts)</li> <li>• irregular hours</li> <li>• shift work</li> <li>• time zone changes</li> <li>• multiple and consecutive assignments</li> <li>• pace of work typically set by emergency situations</li> <li>• ability to meet "arduous" level performance testing (the "Pack Test"), which includes carrying a 45 pound pack for 3 miles in 45 minutes, approximating an oxygen consumption (VO2 max) of 45 mL/kg-minute</li> <li>• typically 14 day assignments, <b><i>BUT</i></b>, may extend up to 21 day assignments</li> <li>• <b><i>for smokejumpers</i></b> - ability to meet the minimum Smokejumper Fitness Test which includes 1 1/2 mile run in 11 minutes or less, 25 push-ups, 7 pull-ups, 45 sit-ups, and carry 110 lbs. for 3 miles in 90 minutes or less</li> </ul> | <ul style="list-style-type: none"> <li>• use shovel, Pulaski, and other hand tools to construct fire lines</li> <li>• lift and carry more than 50 lbs.</li> <li>• lifting or loading boxes and equipment</li> <li>• drive or ride for many hours</li> <li>• fly in helicopters and fixed wing aircraft</li> <li>• work independently, and on small or large teams</li> <li>• use PPE (includes hard hat, boots, eyewear, and other equipment</li> <li>• arduous exertion</li> <li>• extensive walking, climbing</li> <li>• kneeling</li> <li>• stooping</li> <li>• pulling hoses</li> <li>• running</li> <li>• jumping</li> <li>• twisting</li> <li>• bending</li> <li>• rapid pull-out to safety zones</li> <li>• provide rescue or evacuation assistance</li> <li>• use of a fire shelter</li> <li>• <b><i>for smokejumpers</i></b> - lift and carry more than 100 lbs., perform parachute jumps, and perform parachute landings on uneven terrain</li> </ul> | <ul style="list-style-type: none"> <li>• very steep terrain</li> <li>• rocky, loose, or muddy ground surfaces</li> <li>• thick vegetation</li> <li>• down/standing trees</li> <li>• wet leaves/grasses</li> <li>• varied climates (cold, hot, wet, dry, humid, snow, rain)</li> <li>• varied light conditions, including dim light or darkness</li> <li>• high altitudes</li> <li>• heights</li> <li>• holes and drop-offs</li> <li>• very rough roads</li> <li>• open bodies of water</li> <li>• isolated/remote sites</li> <li>• <b><u>no ready access to medical help</u></b></li> </ul> | <ul style="list-style-type: none"> <li>• light (bright sunshine, UV exposure)</li> <li>• burning materials</li> <li>• extreme heat</li> <li>• airborne particulates</li> <li>• fumes, gases</li> <li>• falling rocks and trees</li> <li>• allergens</li> <li>• loud noises</li> <li>• snakes</li> <li>• insects/ticks/spiders</li> <li>• poisonous plants</li> <li>• trucks and other large equipment</li> <li>• close quarters, large numbers of other workers</li> <li>• limited/disturbed sleep</li> <li>• hunger/irregular meals</li> <li>• dehydration</li> </ul> |