

USDA Forest Service/Department of Interior FS-5100-30 (Rev 8/2009) OMB 0596-0164 (Expires 1/2013)	
Work Capacity Test: Informed Consent	
<ul style="list-style-type: none"> • Pack Test- Arduous The 3-mile test with a 45 pound pack in 45 minutes is strenuous, but no more so than the duties of wildland firefighting. • Field Test-Moderate The 2-mile test with a 25 pound pack in 30 minutes is fairly strenuous, but no more so than the field duties. • Walk Test-Light The 1-mile walk in 16 minutes is moderately strenuous, but no more so than the duties assign. 	Risks <ul style="list-style-type: none"> • There is a slight risk of injury (blisters, sore legs, sprained ankles) especially for those who have not practiced the test. If you have been inactive and have not practiced or trained for the test, you should engage in several weeks of specific training before you take the test. Be certain to warm up and stretch before taking the test, and to cool down after the test. The risk of more serious consequences (such as respiratory or heart problems) is diminished by completing the (HSQ) physical activity readiness questionnaire.
<p><input type="checkbox"/> I have read the information on this form, the brochure “Work Capacity Test” and understand the purpose, instructions, and risks of the job related to work capacity test.</p> <p><input type="checkbox"/> I have read the information, understood, and truthfully answered the HSQ.</p> <p>Test to be Taken (check one) Pack test <input type="checkbox"/> Field Test <input type="checkbox"/> Walk Test <input type="checkbox"/></p> <p>Signature _____ Date _____</p> <p>Printed Name _____</p>	
<p style="text-align: center;">Privacy Statement</p> <p>The information obtained in the completion of this form is used to help determine whether an individual being considered for wildland firefighting can carry out those duties in a manner that will not place the candidate unduly at risk due to inadequate physical fitness and health. Its collection and use are covered under Privacy Act System of Records OPM/Govt-10 and are consistent with the provisions of 5 USC 552a (Privacy Act of 1974).</p> <p style="text-align: center;">Paperwork Reduction Act Statement</p> <p>According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0596-0164. The time required to complete this information collection is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 975-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.</p>	

Figure 2.1b—Work capacity test informed consent form.