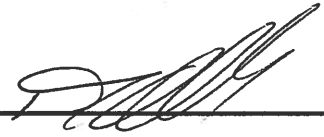


**APPLE VALLEY FIRE PROTECTION DISTRICT**  
**Description of Duties, Abilities and Work Environment**  
**Safety Personnel - Category II**

Revision #1

Date: 10/20/2009

Approved By:



**PURPOSE:**

To provide a general overview of the work commonly performed by emergency response personnel employed by the Apple Valley Fire Protection District.

**DESCRIPTION:**

This is highly skilled emergency firefighting, emergency medical services and other emergency response work. The work involves responsibility for participating in the provision of fire suppression, rescue, and emergency medical services; as well as fire prevention and public fire safety education. Members are required to meet specified certification criteria and Fire District training requirements.

Work also involves the operation of fire and emergency medical services equipment; and the maintenance of equipment, apparatus and fire station facilities. Members are required to operate apparatus and hazardous tasks and skilled medical procedures under emergency conditions which may involve strenuous exertion under such handicaps as fire, heat, smoke and cramped surroundings.

Although firefighting, emergency medical services, and other emergency response work are the most difficult and demanding areas of activity; a substantial portion of time will be spent training and studying methods, techniques, and procedures for various emergency response activities. Members will also participate in fire prevention, public fire safety education, pre-incident planning and other similar activity. Fire District personnel will also perform routine duties in the maintenance, inspection, testing, and cleaning of Fire District property, facilities and equipment. Members will read, comprehend, write, prepare reports, and utilize computer equipment for a variety of job related applications.

Work is generally performed in accordance with department rules and regulations, standard operating procedures, and general orders while under the supervision of a company officer or duty officer. Work performance is evaluated on the basis of initiative shown, fulfillment of job expectations and responsibilities, general conduct, and member participation on special committees and assignments.

Firefighting and emergency response tasks can be very difficult, requiring performance functions which are physically and psychologically demanding. Firefighting and emergency response personnel may be exposed to many toxic substances during incidents. Hazardous materials incidents may also involve exposures to a wide variety of toxic materials.

The strenuous work demands on emergency responders, combined with exposures to toxic substances may increase the risk for cardiovascular disease and cancer related

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ailments. Acute respiratory changes may also stress the cardiovascular system. For those reasons and due to the need to maintain a level of physical and mental fitness that is substantially higher than that required of the general population, firefighters and other emergency responders must accept responsibility for developing and maintaining an acceptable level of physical fitness. This can be achieved by a combination of regular physical conditioning and training (aerobic and strength), adherence to sensible dietary habits, and attention to other healthy lifestyle habits such as moderation of alcohol intake and avoidance of smoking.

**GENERAL PERFORMANCE REQUIREMENTS:**

1. Ability to spend extensive time outside exposed to the elements.
2. Ability to work in wet, icy, or muddy areas.
3. Ability to perform a variety of tasks on slippery, hazardous surfaces such as on rooftops or from ladders.
4. Ability to tolerate extreme fluctuations in temperature while performing duties. Must perform physically demanding work in extremely hot and humid atmospheres while wearing equipment that significantly impairs body cooling mechanisms.
5. Ability to be able to experience frequent transition from hot to cold and from humid to dry atmospheres.
6. Able to wear personal protective equipment that weighs approximately 50 pounds while performing various strenuous firefighting, rescue, and other related tasks.
7. Ability to perform physically demanding work while wearing positive pressure breathing equipment.
8. Able to work for long periods of time, requiring sustained physical activity and intense concentration.
9. Able to make rapid transitions from rest to near maximal exertion without warm-up periods.
10. Able to operate in environments of high noise, poor visibility, limited mobility, at heights, and in enclosed or confined spaces.
11. Ability to use manual and power tools in the performance of duties.
12. Ability to raise, climb, and work from ground and aerial ladders, without work inhibiting fears of heights.

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13. Ability to drag hoses (both charged and uncharged) limited distances, both horizontally and vertically, at ground level, and at varying heights.
  14. Ability to connect hose couplings in complete visibility or in total darkness.
  15. Ability to maintain balance in varying situations.
  16. Ability to drive and operate assigned District vehicles and apparatus.
  17. Ability to lift and carry a loaded stretcher up or down flights of stairs with one person to assist.
  18. Ability to complete periodic assessment of physical abilities as prescribed in Exhibit "A" of this document.
  19. Ability to work in areas where the potential for traumatic or thermal injuries is possible.
  20. Must be able to rely on senses of sight, hearing, smell, and touch to help determine the nature of the emergency, maintain personal safety, and make critical decisions in a confused, chaotic, and potentially life threatening environment throughout the duration of the operation.
  21. Able to perform complex tasks during life threatening emergencies. Ability to determine nature and extent of illness or injury. Ability to take pulse, blood pressure and perform other diagnostic techniques.
  22. Ability to overcome fears (heights, fire, blood, etc.) which may be inherent with job performance.
  23. Ability to face possible exposure to hazardous materials or infectious agents including carcinogenic dusts such as asbestos, toxic substances such as hydrogen cyanide, corrosives, carbon monoxide, and organic solvents either through inhalation or skin contact.
  24. Must not pose a direct threat to the health and safety of self or others. Must be capable of performing all required functions in an efficient and safe manner.
  25. Capable of performing job at a safe level with or without reasonable accommodation.
  26. Must be able to communicate face-to-face, and by radio and telephone. Must be able to communicate effectively with co-workers and the public.

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27. Able to face exposure to grotesque sights, sounds and smells associated with major trauma and burn victims.
  28. Able to face life or death decisions during emergency conditions.
  29. Ability to understand and carry out orders and assignments, in both emergency and non-emergency situations, and must be able to demonstrate adequate speaking skills.
  30. Ability to operate both as a member of a team and independently at incidents of uncertain duration.
  31. Ability to use writing instruments and be able to demonstrate adequate writing skills.
  32. Ability to read English and be able to demonstrate adequate reading skills.
  33. Adequate interpersonal skills to integrate with other personnel in the fire station for lengthy periods of time.
  34. Willingness to work effectively with others as a team member.
  35. Must be able to learn the skills and duties of the job at minimally acceptable levels within reasonable training timeframes.
  36. Must be appropriately motivated and disciplined to learn complex job knowledge within reasonable training timeframes.
  37. Must be free of significant personality limitations (e.g. inflexibility, rigidity, etc.) that will interfere with learning the job in reasonable training timeframes.
  38. Willingness to perform both emergency and routine tasks with consistency of investment and effort.
  39. Desire to serve and protect the public.
  40. Willingness to respond to supervisory guidance and assignments.
  41. Willingness to respond to correction and discipline.
  42. Willingness to follow policies and procedures.
  43. Ability to cope with repeated trauma and loss.

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44. Courage to confront and ability to cope with danger.
  45. Ability to cope with work schedule and impact of job on self and family.
  46. Psychological endurance, tenacity for physically and emotionally demanding tasks.
  47. Ability to make quality decisions based on training and common sense.
  48. Adequate maturity and life experience for the job, including reality-based views of one's own abilities.
  49. Ability to concentrate and focus in stressful situations.
  50. Ability to act in the face of danger.

**EXAMPLES OF DUTIES:**

Reference the specific position Job Description.

## **EXHIBIT "A"**

# **Apple Valley Fire Protection District Physical Ability Assessment Requirements for Category II Safety Personnel**

### **General:**

All fulltime positions of Battalion Chief, Captain, Engineer and Firefighter/Firefighter Paramedic will be required to participate in the physical ability assessment process on a periodic basis.

The physical ability assessment will consist of eight stations requiring a specific, job related physical task. Employees completing all eight task stations within a cumulative time of 9 minutes and 30 seconds will be deemed to have met a satisfactory standard.

Full turnout protective clothing shall be worn during all phases of the assessment. An SCBA will be worn without mask.

Prior to beginning the assessment, each participant will have an opportunity to familiarize him/herself with the stations.

Prior to beginning the assessment, all participants will have their baseline blood pressure (BP) and heart rate (HR) recorded.

### **Test Instructions.**

The administrator will record the cumulative time, as well as the split time for each station.

A station's split time will begin when the participant starts that station and end when the participant reaches the beginning of the next station. Two timing devices will be used.

The administrator will give instructions during the test to ensure all dimensions of the test are achieved.

### **Post Test Instructions.**

After a five (5) minute recovery period, the participants HR should be less than 100 and the BP should be approaching participant's baseline. If BP and HR are not within guidelines or the participant is symptomatic, (i.e. chest pains, difficulty breathing, syncope), the employee will be evaluated by ALS personnel.

The employee and his/her supervisor will be given a copy of the test record.

A copy of the test record will be maintained by the program manager. Records will be kept secure.

## **EXHIBIT "A"**

# **Apple Valley Fire Protection District Physical Ability Assessment Requirements for Category II Safety Personnel**

### **Station 1 – Aerial Ladder Climb**

The aerial ladder will be extended to 70 feet at 70 degrees.  
The roof ladder and pike pole will be removed from the aerial ladder.  
Start with both feet on the ground.  
Climb the ladder until able to touch the top rung.  
Touch the top rung, then descend.  
Go to station 2.

### **Station 2 – Sledge Hammer**

Strike target with hammer 20 times.  
Raise head of sledge hammer above head each time.  
Go to Station 3.

### **Station 3 – Roof Ladder Carry**

Remove ladder from rack and carry in either a high or low shoulder carry.  
Carry ladder to a point 30 feet away and return.  
Re-rack the ladder.

### **Station 4 – Auto Extrication.**

Touch each target with the tips of the Amkus spreaders and return to starting point touching each target a second time.  
Go to Station 5.

### **Station 5 – Handline Advance.**

Pick up nozzle.  
Advance hoseline to a point 83 feet from start.  
Return nozzle to start line.  
Go to Station 6.

### **Station 6 – Ceiling Pull**

Using rubbish hook, penetrate prop 10 times.  
Go to Station 7.

### **Station 7 – Ladder Extension.**

Extend ladder to its fully extended position.  
Retract ladder.  
Go to Station 8.

### **Station 8 – Victim Drag**

Drag dummy around a cone 17 feet away and return to start line.  
No rescue straps will be used.  
Time will stop when the dummy's feet cross the line.