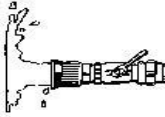


PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

Survive

Fit to Survive

The Demands of a Fire Fighter

The job of a fire fighter is one of the most physically demanding. It requires high levels of aerobic fitness, anaerobic fitness, muscular strength, muscular endurance and flexibility. Every year, 1 out of 3 fire fighters in the United States gets injured. Many of these injuries are due to sprains and strains. In addition, 48% of all fire fighters deaths are from cardiovascular disease. When we say fire fighters need to be fit to survive, we mean it.



**Fit
To
Survive**

Fire Fighters MUST BE:

- Physically Fit
- Mentally Fit
- Emotionally Fit



Getting the Job?

In order to become a fire fighter you must pass a rigorous physical test. This test consists of 8 physically demanding events that fire fighters commonly do on a fire. The test, called the CPAT, or Candidate Physical Ability Test, is used all around the country to test a candidate's ability to be a fire fighter. To pass the CPAT, just like to be a safe and effective fire fighter you must be in top physical shape.

The CPAT Events

- ◆ Stair Climb
- ◆ Hose Drag and Pull
- ◆ Equipment Carry
- ◆ Ladder Raise
- ◆ Forcible Entry
- ◆ Search Maze
- ◆ Rescue
- ◆ Ceiling Breach and Pull

Critical and Physically Demanding Tasks of Fire Fighting

These are some of the tasks that a fire fighter must do in a safe and efficient manner to be successful.

- ◆ Connect and open a fire hydrant.
- ◆ Pull and advance a hoseline.
- ◆ Remove and raise ladders.
- ◆ Remove and carry equipment from the truck to the scene.
- ◆ Extricate victims from trapped vehicles.
- ◆ Force entry into locked buildings.
- ◆ Search for victims in smoky buildings with limited visibility.
- ◆ Remove victims or your partner from a fire.
- ◆ Climb stairs while wearing full protective clothing (50lbs), while carrying tools and hose bundles (25 to 50lbs).
- ◆ Ventilating roofs using hand and power tools.
- ◆ Remove furniture and valuables to safety.
- ◆ Assist customer's with securing their house or business after the fire.