

## TIPS AND SUGGESTIONS

Before you begin to train or increase your physical activity, consult your physician. This is especially important if you are over 40 and/or have been inactive, have a history of a heart condition, chest pain, loss of balance, or have joint or bone problems that could be exacerbated by physical activity.

During the actual test, officials will monitor the participants for any problems. The test should be completed by walking briskly, no running or jogging. It is pass/fail and you can choose your own pack, a standard firefighter pack, or a weighted vest, which will be weighed before starting the test.



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## HOW TO APPLY

If you are interested in becoming a firefighter, you can apply online and submit an application during open periods.

- » Go to [www.usajobs.gov](http://www.usajobs.gov)
- » Sign in or create an account
- » Build your resume
- » Search for vacancy announcements
- » Apply for a position
- » Submit all required documentation

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# WILDLAND FIREFIGHTER FITNESS



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# WANT TO FIGHT FIRE?

WORK

CAPACITY

TEST

## WHAT IS THE WORK CAPACITY TEST?

The firefighter work capacity test is designed to measure wildland firefighter strength, aerobic ability and muscular endurance. This test is important for the safety and health of every firefighter working on the fireline.



## THE WORK CAPACITY TEST

All wildland firefighters must meet minimum levels of fitness requirements for the type of duties they are assigned. There are three levels of tests:

**Arduous:** involves fieldwork that requires above-average endurance and exceptional physical fitness. All wildland firefighters are required to perform arduous duties on the job due to the need to work in steep terrain, above average temperatures, smoky conditions, and high altitudes. This test requires the firefighter to wear a 45 lb. pack as he or she walks three miles over flat terrain within 45 minutes.

**Moderate:** involves fieldwork that requires above-average physical fitness and may include considerable walking, standing, and lifting of 25 – 50 lbs. This test requires the firefighter to wear a 25 lb. pack as he or she walks two miles over flat terrain within 30 minutes.

**Light:** involves mainly office-type duties, with occasional fieldwork. This test requires a one-mile walk over flat terrain within a 16-minute timeframe.

## TRAINING FOR THE WORK CAPACITY TEST

It is recommended that training for the work capacity test begin at least four to six weeks before taking the test, though people who begin training a few months before the test typically experience more success and better test results. Firefighters should begin building up their aerobic fitness by slowly increasing activity level.

- » Hike three miles with no weight.
- » After a comfort level is reached, jog three miles with no weight.
- » Finally, add the pack and hike hills to build leg strength.
- » Pace yourself!

While training, use comfortable footwear and clothing. Your practice pack should weigh 45 pounds for the arduous test or 25 pounds for the moderate test.

