

## **Job Related Simulated Test (JTST)**

This simulation is representative of a firefighter's job-related physical tasks; therefore, the test will represent underlying physical conditioning levels needed to perform these duties. This is a cumulative timed event. All tasks are run consecutively through a course format and the cumulative time is recorded for the entire test.

The firefighter may not walk faster than a protocol pace (work like) during the test, no jogging will be permitted. The firefighter will be accompanied by a PFC acting as proctor during the entire test.

The Job Task Simulated Test will consist of the following 10 activities and the minimum passing cumulative time will be **19 minutes and 00 seconds**. All firefighters will complete the test wearing full turnouts and an SCBA (no mask) and there will be an option of two helmets; structural or wild land.

### **1. Initial Walk**

The firefighter will begin by walking at a work like pace from the Station 81 Northeast bay door to the sidewalk in front of the fire station. Continue walking on the sidewalk along 300 South to the Southeast corner of the rear parking lot of the station.

### **2. Ventilation**

Using a 9 lb. sledgehammer, the firefighter will begin striking the sled where directed. The sled will have to move the required distance (half the distance of the platform) where the firefighter will be directed to stop. This exercise simulates trenching or using an axe for cutting ventilation holes in a structure's roof.

### **3. High Rise Stair Climb**

The firefighter will walk at a work like pace through the man door in the East Stairway. At the base of the stairs the firefighter will shoulder a 100' section of 1 3/4" hose and then climb to the top of the stairs. Upon reaching the top landing the firefighter will drop the hose and proceed to up the ladder to the equipment hoist. The firefighter is to touch every step going both up and down and one hand should maintain in contact with the handrail for stability.

### **4. Equipment Hoist**

The firefighter will climb the stairs to the top landing and then proceed up the ladder to the roof area. They will then pull a rope using a hand over hand method which will raise a 50' section of 1-3/4" hose. Once the hose roll reaches the top of the wall, the firefighter will lower the hose to the ground in a controlled manner, again using the hand over hand method. The firefighter will descend the ladder and shoulder the hose. The firefighter will return down the stairs to the ground floor. Upon reaching the ground level the firefighter will place the hose on the floor.

### **5. Equipment Carry / Hydrant**

Outside the stairwell the firefighter will pick up the hydrant bag containing one 5" gate valve and a hydrant wrench and will carry the bag south across parking lot to the training hydrant. The firefighter will fully open and then close the hydrant, this will take approximately 24 turns in each direction. The hydrant caps will not have to be removed. Leaving the tools there the firefighter will then proceed to the ladder raise as directed.

### **6. Ladder Raise**

The firefighter will pick up the tip of the 24' ladder and raise it hand over hand above the head until the ladder is flat against the wall. The firefighter will then walk back, lowering the ladder hand over hand

until it reaches the ground. The butt of the ladder will be placed against the wall of the building and should remain there during this task. The firefighter will then proceed to the hose drag area.

#### **7. Hose Drag**

The firefighter will drag 150' of charged 1-3/4" hose from the station bay door East, across the parking lot, 100'. The drag will continue to the South, towards the sidewalk another 50'. When directed the firefighter will open and then close the nozzle before placing the nozzle on the ground. The firefighter will then proceed to the tool crawl area.

#### **8. Tool Crawl**

The firefighter will enter the bay door near the stair tower where they will pick up the tool (~~a halligan and axe-combe~~). They will crawl with the ~~combe~~ tool 75' using a right hand search method near the wall until they reach the phone shelf near the front of the station. Do not enter into the turnout room. Leave the tool as directed and walk to the Southeast corner of the back parking lot for the victim rescue.

#### **9. Victim Rescue**

The firefighter will pick up the victim dummy and drag it 100 feet North across the parking lot towards the tennis courts. The victim dummy can be dragged however the firefighter feels is most convenient and efficient. The leg muscles should be used to lift and drag the victim dummy, rather than bending over and using back muscles. The firefighter will walk through the ambulance bay door to the pike pole simulator on the South bay wall.

#### **10. Ceiling Breach and Pull**

Using the short pike pole the firefighter will push up the weighted ceiling door prop 10 times. The firefighter will then move the pike pole to the pull down hook on the prop and will fully pull this prop 10 times. This exercise will be repeated three (3) times.

The entire simulation will end at this time as directed.