

CORDELE FIRE DEPARTMENT

509 North 7th Street Cordele, Ga 31015 Office 229-276-2970

Fire Chief Todd Alligood

*"We Train Harder So That We May Serve Better; And It Is with
Dedication That We Serve "*



CORDELE FIRE PRE-HIRE FUNCTIONAL FITNESS ASSESSMENT

- The exercises will be preceded by 1 lap around Station 1 and performed while wearing gloves and a helmet. You will have **8:30 minutes** to complete the course. Time starts when you pick up the (2) rolled hose.
- 1. From starting point, pick up two (2) rolled 50' lengths of 2 ½" hose, walk to the North outside stairwell of City Hall and climb the stairs with the hose to the second-floor landing. Upon reaching the second-floor landing, place the hose rolls on the landing. Use the rope to hoist a 50' length of 2 ½" hose from the ground to the second floor and return the hose roll to the ground using a hand-over-hand motion. Pick up the two (2) hose rolls from the landing and descend the stairs, returning the hose to the starting point.
 - ✚ *All 2 ½" hose are 50' lengths on the Cordele Fire Department. They are not always pre-connected so carrying them on a fire scene is common. Many houses and commercial structures in Cordele are more than one story tall. Climbing steps with hose and/or equipment is common.*
- 2. Pick up the K-12 saw and walk 100' to the spot marked. Lift the K-12 saw overhead and make a head to toe cutting motion before placing the saw on the ground.
 - ✚ *When we use a K-12 saw to cut holes in commercial doors, we cut a triangle pattern with the point up. All such cuts start at the highest point a firefighter can reach, then working down at an angle to the ground.*
- 3. Walk to the chopping station and pick up the flat head axe. Raise the axe over your head and strike the truck tire ten (10) times before placing the axe back on the ground.
 - ✚ *We commonly use axes in the fire service. When using an axe to force entry into a structure or ventilating, it often requires many strikes to succeed.*
- 4. Walk to the two (2) ladders. Grasp the tip of the 14' roof ladder and walk it up hand-over-hand using the rungs, to a vertical position, then lower it in the same fashion to the ground. Move to the 24' extension ladder and using the hand-over-hand method starting at the tip, walk the ladder up until vertical and extend the rungs fully with the guide rope until it locks. Next, place the ladder against the building (with assistance from Fire to achieve proper climbing angle). Finally, climb the ladder (with Fire securing the ladder to the building) until you can touch the top rung before returning to the ground.

✚ *We ladder structures as a means of entry, egress, and ventilation. Any structure over one (1) story will require the use of a 24' ladder.*

5. Walk to the weighted mannequin. Approach the mannequin from the head and drag it backwards 50' until putting the mannequin back on the ground.

✚ *Dragging is the most efficient and effective way to move someone that cannot walk to safety.*

6. Finish by approaching the extended 100' 1 ¼" hose at the male coupling, grab the brass coupling and while walking, begin rolling the hose up until you reach the other coupling, then lay the rolled hose over on the ground.

✚ *Typically, when hose lines are stretched for extinguishment and/or protection on an incident scene, the last thing we do before leaving the scene is rolling hose.*

Firefighting is a physically demanding profession. Applicants must successfully complete the timed Pre-hire Functional Fitness Assessment to move forward in the hiring process, so start practicing now and good luck!

Fire Chief

Todd Alligood

PASS _____

FAIL _____

TIME: