

Physical Standards for Tehama County Volunteer Fire Fighter

Equipment Used: Dry charge extinguisher, back pumps, fire hose, hard hats, turnout coats, pants and boots, goggles and gloves, fire engine and pump, flashlight, hand tools to include but no limited to; shovel, McLeod, Pulaski, fire axe, tow chain, extension ladder, roof ladder, jack, bolt cutters, breathing apparatus, safety lines and other fire and rescue equipment.

Environmental Conditions: Work is performed both indoors and outdoors in both quiet and noisy environments (such as highway traffic, sirens, voices raised in conversation and radio transmissions) with occasional work performed in cramped confined spaces. Temperature extremes vary depending on seasonal exposure (from 0 degrees Fahrenheit to 120 degrees Fahrenheit depending of season fluctuations). There is exposure to body fluids and infectious agents including bloodborne and airborne pathogens, which can produce chronic diseases or death. There exists a potential for exposure to toxic fumes such as those found in smoke from burning buildings; dust and airborne particles, windy conditions while working outdoors; environmental allergens such as *poison oak, dust grasses, insect bites); sunshine for extended period of time, functioning under limited lighting conditions in the middle of the night in isolated areas. Equipment used and tasks performed present risk of body injuries (lacerations, sprains, strains, and contusions).

Mental Requirements: The following mental abilities are required: Alertness, concentration, judgement, patience, memory, and ability to work effectively in high stress and emergency situations where immediate action is required. Respond quickly to oral commands or signals in emergency situations sufficient to operate tools and equipment listed above.

Physical Demands:

VISION: Visual acuity (Snellen) of not less than 20/100 without correction. Corrected to not less than 20/30 in one eye.

Normal vision acuity; peripheral vision greater than 45 degrees on either side; normal eye exam with no abnormalities; requirement to pass a depth perception test, if candidate has monocular vision, this condition shall pre-exist for a minimum of 6 months prior to eye examination.

Color vision sufficient to successfully perform the job as measured by the Ishihara Pseudo-Chromatic Plate test. For persons failing the Ishihara, the Farnsworth D-15 Arrangement Test.

HEARING: Adequacy within normal speech frequencies (uncorrected).

DEXTERITY AND COORDINATION: Normal use of both hands and feet sufficient to operate tools and equipment listed above. Work safely with others.

PHYSICAL STRENGTH: Must have muscle strength to lift 100lbs. Ability to climb ladders, up and down hills as a result of uneven terrain.

***OTHER:** No more than mildly susceptible to poison oak.
