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PHYSICAL & MENTAL DEMANDS

Successful candidates for the position of Firefighter/EMT will be capable of meeting the following physical and mental demands:

Physical Demands

Ability to operate both as a member of a team and independently at incidents of uncertain duration.

Ability to spend extended periods of time exposed to outdoor elements.

Ability to tolerate extreme fluctuations in temperature and humidity while performing



duties. Must perform physically demanding work in atmospheres that range in temperature (from below freezing to over 400 degrees F) and humidity (ranging from very low up to 100%) while wearing equipment that significantly impairs bodycooling mechanisms.

Ability to work in wet, icy or muddy areas.

Ability to perform a variety of tasks on slippery, hazardous surfaces such as on rooftops or from ladders.

Ability to work in areas where sustaining traumatic or thermal injuries is possible.

Ability to face exposure to carcinogenic dusts such as asbestos, toxic substances such as hydrogen cyanide, acids, carbon monoxide, or organic solvents either through inhalation or skin contact.

Ability to wear personal protective equipment that weighs approximately 50 pounds while performing firefighting tasks.

Ability to perform physically demanding work while wearing positive pressure breathing equipment with 1.5 inches of water column resistance to exhalation at a flow of 40 liters per minute.

Ability to perform tasks during life-threatening emergencies.

Ability to work for long periods of time, requiring sustained physical activity and intense concentration.

Ability to make rapid transitions from rest to near maximal exertion without warm-up periods.

Ability to operate in environments of high noise, poor visibility, limited mobility, at heights, and in enclosed or confined spaces.

Ability to use manual and power tools in the performance of duties.

Ability to rely on senses of sight, hearing, smell, and touch to determine the nature of an emergency, maintain personal safety, and make critical decisions in confused, chaotic, and potentially life-threatening environments for the duration of an operation.

Ability to work at a steady pace and to complete assignments within an appropriate schedule.

Ability to adhere to agency standards of neatness and cleanliness.

Ability to drive a vehicle or an emergency vehicle in a safe manner.

Ability to effectively coordinate sensory experiences and motor activity.

Ability to tolerate heights, including climbing ladders in excess of 100 feet in length based on a ladder truck.



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Mental Demands

Ability to face exposure to infectious agents such as hepatitis 8 or HIV.

Ability to face life or death decisions during emergency conditions.

Ability to be exposed to grotesque sights and smells associated with major trauma and burn victims.

Ability to understand, remember and execute complex instructions.

Ability to maintain attention and concentration.

Ability to obey instructions promptly.

Ability to maintain a high level of alertness.

Ability to exercise flexibility to decision making.

Ability to exercise good judgment in tense situations.

Ability to interact effectively and appropriately with the public, supervisors, and co-workers.

Ability to maintain socially appropriate behavior.

Ability to be aware of hazards and take appropriate precautions.

Ability to set realistic goals.

Ability to maintain abstinence from alcohol on the job.

Ability to maintain abstinence from all illegal substances.

Ability to maintain control over all use of alcohol and all types of drugs.

Ability to tolerate verbal abuse from others.

Ability to tolerate confined spaces under adverse conditions and situations that include limited or no vision, aided breathing, and carrying heavy loads.

Ability to quickly assimilate information and utilize in a prompt and effective manner to aid others.



Ability to learn course materials and successfully complete training programs.

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