



Osseo Fire Department
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NORTHWEST METRO AREA FIREFIGHTER PHYSICAL STANDARDS JOB DESCRIPTION ADDENDUM (1993)

The following is a representative list of physical requirements and job related tasks that firefighters must perform. This list is meant to be representative and not all-inclusive.

1. Lifting/Carrying

- a. Ground to Waist Level – 100 lbs.
 - Dragging/removing fire victims
 - Advancing hose lines at fires
 - Carrying fans, rescue tools, foam containers
- b. Waist to Shoulder Level – 50 lbs.
 - Opening/closing hydrant valves
 - Making hose connections
 - Lifting/carrying ladders, hose bundles, and other equipment
- c. Above Shoulders – 35 lbs.
 - Placing ladders against buildings
 - Pulling ladder halyard to raise ladder
 - Using axe and other equipment to ventilate structure
 - Lifting items onto fire apparatus

2. Firm Grasp

- Carrying items of substantial weight; i.e., fans, rescue equipment, foam containers
- Using axes or sledgehammers
 - Using hydrant wrenches
 - Dragging victims or hose lines
 - Pulling ladder halyard or using rope to lift items

3. Simple Grasp

Carrying items; i.e., ladders, hose bundles, hose rolls, and various equipment

4. Reaching, Bending, Twisting

- Picking up and carrying ladders, hoses, and other fire equipment
- Raising ladders against buildings
- Opening hydrants
- Connecting hose lines
- Using axes, sledgehammers and rescue tools
- Must be capable of reaching, extending the hands or arms in any direction

5. Climbing and/or Balancing

- Ascending or descending ladders, stairs, scaffolds, ramps and alike, using feet and legs and/or hands and arms
- Must be able to balance and have the ability to steady oneself and keep from falling when walking, standing, crouching, crawling on narrow, slippery, or erratically moving surfaces
- Must be capable of applying a leg lock with either leg upon a ground ladder to provide a safe anchor when operating hose lines or performing rescue work

6. Crawling, Kneeling, Squatting

- Advancing hose lines in fire situations
- Searching for, and removing, fire victims
- Picking up ladders, hoses, and equipment from the ground

7. Vision

- Normal vision needed, with or without correction, requires both near and far acuity, depth perception, field of vision, and focusing

8. Hearing

- Normal hearing needed, and firefighter must discriminate among similar sounds in environments with a great amount of background noise

9. Speech

- Must be able to communicate effectively to others in stressful situations

10. Touching, Feeling and using Fingers

- Must be able to discriminate differences in items by feeling, and manipulate items such as SCBA valves, apparatus controls, alarm panel controls, and nozzle controls
- Must be able to use small monitoring equipment
- Must be able to use ropes and to tie knots
- Must be able to determine the difference between hot and cold by touch