

FIRE ENGINEERING'S HANDBOOK FOR FIREFIGHTER I & II
Instructor Curriculum Skill Evaluation Sheet 3-1

SKILL SHEET 3-1	Grip Strength - Dynamometer		
OBJECTIVE:	NFPA 1001, 4.1.1	FEH Chapter: 3 & 17	
CANDIDATE NAME/NUMBER:		No.:	
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]	<ul style="list-style-type: none"> • Dynamometer 		
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>	Student shall complete muscular strength evaluation of hand grip using a dynamometer		
CRITERIA:	NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]		
Critical?		Pass	Fail
	Place the dynamometer in your dominate hand resting it on their palm		
	Turn the peak hold knob (red needle) counter-clockwise to set to zero with the gauge needle		
	Lightly grip and raise your arm straight above your head, take a deep breath		
	As you lower your arm, exhale and squeeze the dynamometer as tight as you can until your arm is straight down beside your hip		
	Read the gauge and repeat a second time		
	Record your results in pounds		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

FIRE ENGINEERING'S HANDBOOK FOR FIREFIGHTER I & II
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SKILL SHEET 3-2	Push-up		
OBJECTIVE:	NFPA 1001, 4.1.1	FEH Chapter: 3 & 17	
CANDIDATE NAME/NUMBER:		No.:	
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]	Open area with flat surface		
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>	Student shall complete muscular strength evaluation		
CRITERIA:	NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]		
Critical?		Pass	Fail
	Get down on all fours, placing hands slightly wider than your shoulders		
	Straighten your arms and legs		
	Lower your body until your chest nearly touches the floor		
	Pause, than push yourself back up		
	Repeat steps 3 & 4 for 1 minute		
	Record your results		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

FIRE ENGINEERING'S HANDBOOK FOR FIREFIGHTER I & II
Instructor Curriculum Skill Evaluation Sheet 3-3

SKILL SHEET 3-3	Sit-up		
OBJECTIVE:	NFPA 1001, 4.1.1	FEH Chapter: 3 & 17	
CANDIDATE NAME/NUMBER:		No.:	
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]			
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>	Student shall complete muscular strength evaluation		
CRITERIA:	NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]		
Critical?		Pass	Fail
	Lie down on your back		
	Bend your legs and place feet firmly on the ground to stabilize your lower body		
	Cross your hands to opposite shoulders and place your thumb inside your collar		
	Curl your upper body all the way up towards your knees		
	Slowly lower yourself down and return to your starting point.		
	Repeat steps 4 and 5 for 1 minute		
	Record your results		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

FIRE ENGINEERING'S HANDBOOK FOR FIREFIGHTER I & II
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SKILL SHEET 3-4		Flexibility	
OBJECTIVE:		NFPA 1001, 4.1.1	FEH Chapter: 3 & 17
CANDIDATE NAME/NUMBER:			No.:
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]			
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>		Student shall complete muscular strength evaluation of flexibility using a Reach Bench	
CRITERIA:		NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]	
Critical?		Pass	Fail
	Remove your shoes and sit against a wall with your feet straight out in front of you and place the box against your feet		
	Place one hand on top of the other and reach out straight in front of you, set the slide		
	Keeping the back of your knees against the floor, bend forward pushing the slide as far as you can reach		
	Repeat three times		
	Record your results		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

FIRE ENGINEERING'S HANDBOOK FOR FIREFIGHTER I & II
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SKILL SHEET 3-5	1.5 Mile run or BEEP Test		
OBJECTIVE:	NFPA 1001, 4.1.1	FEH Chapter: 3 & 17	
CANDIDATE NAME/NUMBER:		No.:	
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]	¼ mile track or two sets of cones Flat surface BEEP Fitness test for iOS		
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>	Student shall complete aerobic capacity evaluation		
CRITERIA:	NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]		
Critical?		Pass	Fail
	For the 1.5 mile run, warm up by completing some stretches		
	Complete a 1 mile warm-up walk		
	Complete 6 laps around a ¼ mile track, then obtain a pulse		
	For the Beep Test, you are going to run back and forth between two sets of cones		
	Once the buzzer sounds run to the other set of cones and stop		
	Wait for the buzzer and run back to the other set of cones		
	Repeat until you can no longer keep pace or you reach level 21		
	Record your results		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

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SKILL SHEET 3-6	Hose drag		
OBJECTIVE:	NFPA 1001, 4.1.1	FEH Chapter: 3 & 17	
CANDIDATE NAME/NUMBER:		No.:	
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]	<ul style="list-style-type: none"> 150' of 1½" hose 1 ½" nozzle Area to complete drag 		
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>	Student shall complete this skill by properly deploying the entire length of hose.		
CRITERIA:	NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]		
Critical?		Pass	Fail
	Grab the hose and nozzle and place it over your shoulder		
	Walk 75' to a prepositioned marker and turn 90° around the marker		
	Walk another 25' and stop inside a box		
	Drop to one knee and pull the remainder of the hose toward you		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

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SKILL SHEET 3-7	Equipment Carry		
OBJECTIVE:	NFPA 1001, 4.1.1	FEH Chapter: 3 & 17	
CANDIDATE NAME/NUMBER:		No.:	
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]	<ul style="list-style-type: none"> Two equal size saws or two 25 lb kettle bells Area to complete 		
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>	Student shall complete the evolution by carrying the objects the designated distance.		
CRITERIA:	NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]		
Critical?		Pass	Fail
	The student will walk up to the table where two pieces of equipment will be placed.		
	Pick up one and place it on the floor, then pick up the other and place it on the floor		
	Bend knees keeping back straight and pick up both pieces of equipment		
	Walk 35' to a marker and walk around back to the start location		
	Bend knees keeping back straight and place both pieces of equipment down		
	Pick up one and place it on the table, then pick up the other and place it on the table		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

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SKILL SHEET 3-8		Bear Crawl	
OBJECTIVE:		NFPA 1001, 4.1.1	FEH Chapter: 3 & 17
CANDIDATE NAME/NUMBER:			No.:
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]		<ul style="list-style-type: none"> • Markers • Area to complete 	
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS:		Student shall complete the bear crawl	
<i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>			
CRITERIA:		NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]	
Critical?		Pass	Fail
	Crouch down with hands in front of you shoulder-width apart and feet behind you with hips up in the air and eyes forward		
	Crawl forward starting with your right hand and your left foot following with the left hand and the right foot.		
	Repeat step 2 for 35' to a marked area, then turn around and bear crawl back 35' to starting point		
EVALUATOR COMMENTS:			
[ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

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SKILL SHEET 3-9		Rescue Drag	
OBJECTIVE:		NFPA 1001, 4.1.1	FEH Chapter: 3 & 17
CANDIDATE NAME/NUMBER:			No.:
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]		<ul style="list-style-type: none"> • Weighted mannequin • Area to complete 	
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>		Student shall complete the evolution by dragging the mannequin the designated distance	
CRITERIA:		NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]	
Critical?		Pass	Fail
	Grasp the mannequin by the handles on the shoulders or place both arms around the chest under the arm pits and lift the mannequin		
	Walking backwards drag the mannequin 35' to a prepositioned marker		
	Walk around the marker back to the start point crossing over		
	You are permitted to set the mannequin down to adjust your grip		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

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SKILL SHEET 3-10		Sledge Hammer Hit	
OBJECTIVE:		NFPA 1001, 4.1.1	FEH Chapter: 3 & 17
CANDIDATE NAME/NUMBER:			No.:
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]		<ul style="list-style-type: none"> • 8 – 10 lb sledge hammer • Tire • Area to complete 	
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>		Student shall complete	
CRITERIA:		NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]	
Critical?		Pass	Fail
	Arrange your stance so you can effectively and strongly pivot your hips and hit your target		
	Grasp the handle firmly and find a stance that is comfortable and compatible with the surface on which you are working.		
	Spread your feet and center your body weight. Flex your knees, holding the sledge hammer handle where it feels comfortable.		
	Maintain good hand–eye coordination to deliver the maximum effective blows on target.		
	Swing the sledge hammer backward to waist height, as you swing forward, swing your hips at the same time		
	Repeat until the tire moves two feet		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			

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SKILL SHEET 3-11		Stair-step	
OBJECTIVE:		NFPA 1001, 4.1.1	FEH Chapter: 3 & 17
CANDIDATE NAME/NUMBER:			No.:
TEST DATE/TIME			
EQUIPMENT REQUIRED: [Add local requirements if needed]		<ul style="list-style-type: none"> A wooden step box 10" high Area to complete the skill, should be flat and stable 	
EVALUATOR INSTRUCTIONS			
CANDIDATE INSTRUCTIONS:		Student shall complete	
<i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>			
CRITERIA:		NOTE: Based on material from the Skill Drill Instructor Guides [ADDITIONAL LINES FOR AHJ TO ADD OTHER MATERIAL]	
Critical?		Pass	Fail
	Start by placing one foot on top of the box making sure the entire foot is making contact with the surface.		
	Pull your body up through the heel of the foot that is up on the box.		
	Lower yourself back down to the floor with full control.		
	Repeat steps 1 – 3 for two minutes		
	Record results		
EVALUATOR COMMENTS: [ANY COMMENTS PRO OR CON REGARDING WHAT THE STUDENT ACCOMPLISHED]			
EVALUATOR SIGNATURE:			
STUDENT SIGNATURE:			