

NHFA FIREFIGHTER I COURSE GUIDE,

UNIT 3: Health, Fitness, & Wellness (8 Hours)

CHAP	SKILL DRILL	SKILL #	STAND. EVOL. #
	BLOCK 1		
3	Grip Strength - Dynamometer	3-1	
3	Push-up	3-2	
3	Sit-up	3-3	
3	Flexibility	3-4	
3	1.5 Mile run or BEEP Test	3-5	
	BLOCK 2		
3	Hose drag	3-6	
3	Equipment Carry	3-7	
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3	Basic Exercise techniques		3SE-S1
3	Work Capacity		3SE-S2
3	Recovery		3SE-S3



**NH FIRE ACADEMY FIREFIGHTER I
UNIT 3 BLOCK 1 (4HR)**

CLASS NAME: HEALTH, FITNESS, & WELLNESS

NUMBER OF INSTRUCTORS: 4

EQUIPMENT NEEDED	Sit & reach box Anthropometric tape Stop watches Clip boards, pens Body composition worksheets (Male & Female) Yoga blocks meal planner prop	Hand Dynamometer BP Cuff & Stethoscope Alcohol wipes/disinfectant medical kit & AED Yoga mats
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FACILITY NEEDED	Large enough area for students to perform a beep test, curl-ups, push-up, and flexibility. A ¼ mile running track (if using the run). A classroom large enough to assign groups for classroom activities.
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SKILL DRILL REFERENCE	3-1	3-2	3-3	3-4	3-5				
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GENERAL INSTRUCTION	Each student shall have a set of vitals taken and recorded prior to any physical participation. Blood pressures above 140 systolic will require a consultation with the lead instructor. If the student has a medical condition (hypertension, or medication for) or any condition determined to be a risk, the student shall be assigned a walking test for aerobic capacity assessment.
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NH FIRE ACADEMY FIREFIGHTER I**UNIT 3 BLOCK 1 (4 HR)**

CATEGORY	DESCRIPTION (Objectives)
Pre-Participation	<p>Working with the students, the instructor shall assist them with filling out the PAR-Q and RSKO worksheet, Determining the students resting heart rate, blood pressure, height, and weight (waist-to-hip ratio).</p> <p>The Students shall record all of their demographics onto health sheet.</p>
Physical Assessment	<p>Working with the students, the instructor shall help students determine their body fat percentage. The Instructors shall demonstrate how to perform the grip test, muscle endurance (curl-up and push-up), and flexibility assessment. Instructors shall define to the students how they will perform the aerobic capacity assessment.</p> <p>Students shall demonstrate competence in performing the grip test (> 60), muscle endurance (3 curl-up and 3 push-up), flexibility (>6), and aerobic capacity (20 minutes). Skill Drill 3-1, 3-2, 3-3, 3-4, and 3-5</p>
Nutrition	<p>Divide students into 4 groups. Working with the students, the instructor shall assist students with developing three nutritious meals (breakfast, lunch, and dinner) using the meal planner prop</p>



**NH FIRE ACADEMY FIREFIGHTER I
UNIT 3 BLOCK 2 (4HR)**

CLASS NAME: HEALTH, FITNESS, & WELLNESS

NUMBER OF INSTRUCTORS: 5

EQUIPMENT NEEDED	Wooden Step Box (10") Timer 100' of 1 3/4" hose with nozzle Traffic cones Weight drag sled Saw (2) or something equal to Sledge hammer Tractor Tire	Kettle Bells bar bells 50' 1 3/4" hose bundle
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FACILITY NEEDED	Large enough area for students to perform Basic Exercise Techniques, Recovery, and Work Capacity
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SKILL DRILL REFERENCE	3-6	3-7	3-8	3-9	3-10	3-11			

GENERAL INSTRUCTION	Divide students into groups of 4. Students shall wear their PPE/SCBA, the students will NOT be on air or wearing a mask. The wearing of the PPE/SCBA is for the weight. An instructor shall be assigned to each group to instruct, provide guidance, and reinsurance.
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NH FIRE ACADEMY FIREFIGHTER I**UNIT 3 BLOCK 2 (4 HR)**

EVOLUTION	DESCRIPTION
<p>Basic Exercise Techniques</p> <p>3SE-6S1</p>	<p>The instructor shall demonstrate how to perform hip hinge, hip push, upper body vertical push, upper body horizontal push, upper body vertical pull, upper body horizontal pull, core stability, core flexion, core rotation, and core extension.</p> <p>The student shall demonstrate how to perform hip hinge, hip push, upper body vertical push, upper body horizontal push, upper body vertical pull, upper body horizontal pull, core stability, core flexion, core rotation, and core extension. SE-S1</p>
<p>Work Capacity</p> <p>3SE-6S2</p>	<p>The instructor shall demonstrate how to perform, stair step, hose drag, Equipment carry, Modified bear crawl, sledge hammer, and rescue drag.</p> <p>The Student shall demonstrate how to perform, stair step, hose drag, Equipment carry, Modified bear crawl, sledge hammer, and rescue drag. Skill Drill 3-6, 3-7, 3-8, 3-9, 3-10, and 3-11</p>
<p>Recovery</p> <p>3SE-6S3</p>	<p>The instructor shall demonstrate how to perform basic recovery techniques, static stretch, foam rolling, yoga, and meditation.</p> <p>The student shall demonstrate how to perform basic recovery techniques, static stretch, foam rolling, yoga, and meditation.</p>

NH FIRE ACADEMY FIREFIGHTER I

UNIT 3, BLOCK 2

3SE-6S1: Basic Exercise techniques

Skill Drills: None

Instructions:

The basic exercise techniques evaluation is designed to provide the student on mechanics and techniques on basic exercise that can used to improve fitness, performance, and injury prevention. The exercise techniques are hip hinge, hip push, upper body vertical push and pull, upper body horizontal push and pull, core stability, core flexion, core rotation, and core extension. These fundamental movement pattern will help students perform essential tasks such as bending over and picking things up.

Instructor:

The instructors shall coach the students while they perform multiple exercises.

Directive:

Working as a group the students shall perform the exercise routines the lead instructor demonstrates.

Hip Extension- hip hinge (equipment lift)

The hip hinge is an excellent exercise to help strengthen and develop the hamstrings, glutes, and low back muscles. Start by having the students spread their feet apart, about hip-width, Knees slightly flexed and back in a neutral position. The student begins with dumbbells in each hand, have them flex your hips (sit backward) and shoulders while keeping your elbows extended, allowing the dumbbells to travel down close to your legs. Keep your back in a neutral position. Descend as far as the flexibility of the hamstrings allow. Stop the descent before your back rounds or feel a loss in posture. To ascend, extend hips and bring your pelvis forward toward the dumbbells. Continue until you reach the starting position while your knees stay slightly flexed.

Hip Flexion- deadlift (patient lift)

The deadlift exercise is a total body exercise with a focus on the legs and hips. Start with feet hip-width apart. If using a barbell, it should start on the ground with bar touching mid-shin level. Back should be at a 45 degree angle to the floor. Inhale and push into the ground through feet so the knees and hips extend as you ascend. Keep elbows extended and allow the barbell to travel close to your body. Keep back in a neutral position and make sure hips and shoulders rise at the same pace. Continue until torso is perpendicular to ground and the barbell is at mid-thigh. Exhale through pursed lips as you ascend. Return to the starting position by flexing hips (sit backward), knees and shoulders while keeping elbows extended and allowing the barbell to travel close to your body. Descend until the weights are on the floor. Keep head up with eyes at or slightly above the horizon.

Upper body horizontal push – pushup (stretcher push)

The pushup is a classic exercise that can be performed almost anywhere and in many different ways. Begin by lying prone on the floor with toes extended on the ground. Place hands slightly wider than shoulder-width in line with shoulders. Keep hands flat on the ground. Inhale, then extend elbows as you flex shoulders. To help you visualize the motion, think about pushing the earth away, keeping shoulders, hips and knees in a straight line. Continue pushing until elbows are fully extended. Exhale as you push upward. Bend the elbows as you lower body in a straight line towards the floor while inhaling. Begin pushing when body is a few inches from the floor and repeat.

Upper body vertical push – overhead press (ladder raise)

The overhead press is an excellent choice for developing strength and stability for overhead pushing movements such as ladder throws or for a ceiling breach during overhaul. Start by placing a barbell, or dumbbells, in front of shoulders. Elbows should be flexed and directly underneath the bar with palms facing forward. Feet should be shoulder-width or slightly wider with knees slightly bent. Inhale, press feet into the ground and extend elbows and shoulders to press the barbell or dumbbells upward until elbows are fully extended. Be careful to avoid hitting chin. Exhale as you push the weight upward. To descend, flex elbows so the weight travels downward until it returns to the starting position. Inhale as you descend and repeat.

Upper body horizontal pull – row (hoseline stretch)

The upper body row is used to strengthen the back muscles and can help develop grip and biceps muscles, too. Start place feet hip-width apart or slightly wider and knees and hips flexed so the torso is just about parallel to the ground. Arms should be perpendicular to the ground, and hands should be placed on the bar in an overhand grip to start. Inhale, maintain a body position with legs and torso, and pull the bar towards body by flexing your elbows until the bar touches the lower sternum. Exhale as you pull. Pause briefly, then slowly return the bar to the starting position as you inhale.

Upper body vertical pull – Body row/Band pulls (ceiling breach/pull)

Regardless of the equipment that may be available, firefighters must train the pulling motion for a couple of reasons. Stand with feet flat on ground with arms bent and handles at chest. Slowly lower body by straightening arms and raising onto heels while keeping body in a straight line. Be sure to tighten core muscles to ensure effectiveness. Inhale as you lower to a 45° angle to the floor, pause briefly, then pull body towards the anchor as you exhale. Stop when handles are at the chest. Keep toes pointed upward using heels as the pivot point. Repeat for a selected number of reps.

Core stability – plank (asymmetrical tool carry)

The core musculature has a huge impact on posture, injury prevention and the overall performance of firefighters. To begin, lay prone on the floor. Align elbows directly underneath shoulders with hands flat on the ground. Dorsiflex toes so the tips of toes are on the floor. Tighten core as if someone is about to punch you in the gut, and in one motion push through hands, elbows and toes until your body is off the floor and in a straight line through your ears, shoulders, hips, knees, and ankles. Continue to breathe slowly through pursed lips for allotted time.

Core flexion – V-up

The V-up exercise trains the abdominal and hip flexor muscles simultaneously. This exercise can be scaled according to a student's physical capability or injury profile. Begin by laying supine on the floor with arms outstretched overhead and your legs straight. Inhale, then exhale as you lift legs up until hips are flexed to 90 degrees while you raise upper body off the floor and attempt to touch toes with arms straight. At this point, only your hips and maybe lower back will be on the floor. Inhale as you lower back down to the starting position and repeat for the allotted time or reps.

Core rotation – (ab) bicycle (pull starting equipment)

The bicycle is a classic abdominal exercise that has been shown in research to stimulate the most abdominal muscles at one time. Begin by laying supine with one leg and hip flexed at 90 degrees and one leg flat on the floor. Your hands should be behind your head. Inhale, then exhale, as you rotate and crunch abdomen to touch the right elbow to left knee. Pause briefly, then straighten left leg, lower upper body to floor, and then bend right leg as you crunch up and touch left elbow to right knee. Return to the starting position. Repeat this exercise for time or set repetitions.

NH FIRE ACADEMY FIREFIGHTER I

UNIT 3, BLOCK 2

3SE-6S2: Work Capacity Evaluation

Skill Drills: 3-6, 3-7, 3-8, 3-9, 3-10, and 3-11

Instructions:

The work capacity evaluation is designed to assess the student's endurance, resistance, and aerobic capacity which closely mirrors the physical work being performed during their firefighter training. The evaluation will be performed at the beginning of the course.

Instructor:

The lead instructor shall divide students into groups of 4. Students will Don their PPE and SCBA minus going onto air and then stand in front of the step box. NOTE: this is circuit training, each group will start at the step box and finish at the rescue drag. The Lead instructor shall assign one instructor to a group to coach though the circuit.

Directive:

The instructor will state "GO" and start the time. Students will step up with one foot then step up with the next foot standing on the box. Then one foot at a time students will step down until both foot are on the ground. This will be repeated for approximately two (2) minutes. Students will stop with both feet on the ground.

Students will then walk approximately 15 foot to the next station (carry and drag hose). Students will pick up 50 feet of 1 3/4' pre-bundled hose and carry it on their shoulder for 10 feet. Then place the hose bundle on the ground. Kneeing down on one knee grab the 1 3/4" coupling and with a hand over hand motion pull a 100 feet of hose until the next coupling is left. Note: The hose should be laid out as followed; place 100 feet of 1 3/4" hose in a pile. Crab one coupling and pull it around a 90° corner. Pull the remainder into a pile leaving a length of straight hose and coupling on the adjacent side (see diagram).

Students will walk approximately 15 foot to the next station (tool swing). Students will pick up an 8 to 10 lb sledge hammer swing up, no higher than shoulder height and down to a tire. Students will repeat this ten times.

Students will walk approximately 15 foot to the next station (tool carry). Using proper lifting techniques students will pick from the floor two power saws or something of equal weight, one in each hand, then walk 10 feet then back 10 feet. Using proper lowering techniques students will place the equipment onto the floor. Note: Students must walk, no running or walking fast will be allowed.

NH FIRE ACADEMY FIREFIGHTER I

UNIT 3, BLOCK 2

Students will walk approximately 15 foot to the next station (Modified Bear Crawl). Students will start at one set of cones crawl 35' to the second set of cones and then crawl back to the original set of cones. Students are expected to stay in the modified crawl between cones. Note: Students can rest for no more than 30 seconds once they reach the second set of cones.

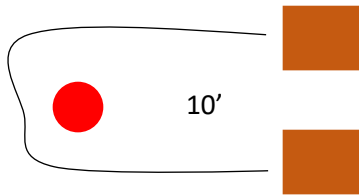
Students will walk approximately 15 foot to the next station (Rescue Drag). Starting at one set of cones the student will grasp the handle of the weight sled and drag it 35 feet to the second set of cones without stopping and back to the start position.

3SE-6S2: Work Capacity Evaluation Map of each station

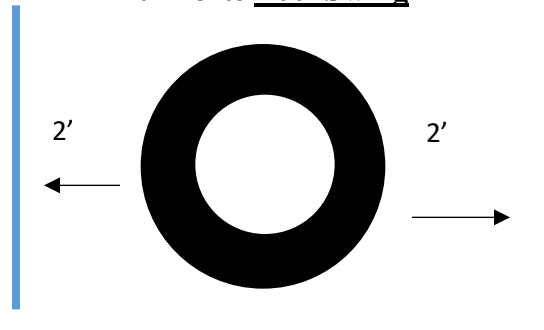
START- Step Box
2 minutes



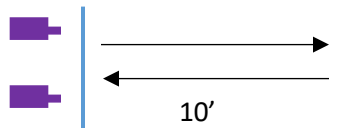
Walk 15' to Carry and Drain



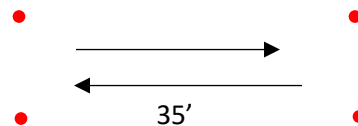
Walk 15' to Tool Swing



Walk 15' to Tool Carry



Walk 15' to Rescue Drag



Walk 15' to Modified Bear Crawl



NH FIRE ACADEMY FIREFIGHTER I

UNIT 3, BLOCK 2

3SE-6S3: RECOVERY

Skill Drills: 3-6, 3-7, 3-8, 3-9, 3-10, and 3-11

Instructions

At the end of each workout, students should engage in recovery methods to relieve tension in muscles and joints that were used during the workout.

Post-workout stretching has been shown to reduce the risk of injury during exercise and daily activities, including work. This period of the workout is used to calm the nervous system and relax the muscles that are tense.

Static stretching is one method used in which a position is held to a point of mild discomfort in a muscle for 15-30 seconds while breathing slowly.

Self-myofascial release, using a foam roller, is a method used by placing your body in various positions and allowing gravity and motion to let the foam roller smooth out or break up adhesions that may form within tight muscles. This method can also be used for a warm-up activity. There are various types of rollers available today. When beginning this practice, use a softer version until you become acquainted with the process.

Yoga is a practice with many different forms that is quite popular. Yoga offers benefits that are helpful for fire and EMS responders, such as: developing better body awareness, becoming a mindful eater, boosting weight loss, enhancing fitness, lowering blood pressure, improving lipid profiles in healthy people and in those with cardiovascular disease. Yoga is also helpful for teaching better breathing, fostering mental calmness, and reducing stress.

Yoga can be done at the end of a workout or as a separate workout on its own. In the practical class, students will be taught several yoga moves.

Meditation is a practice of mindfulness that helps first responders by improving sleep patterns, decreasing stress on the cardiovascular system, reducing depression and anxiety, enhancing resilience, increasing emotion regulation, increasing attention and focus, increasing alertness, and helping with better decision-making amidst chaos.

Post-workout nutrition is an important part of your wellness program. Whether you are doing just cardiovascular exercise, resistance training, yoga, or any combination of these, the time right after your exercise is finished is vital to your recovery. This is a time when your body has been depleted of vital nutrients and when it is calling for replenishment. The first 30 minutes post-exercise is when your body can absorb nutrients from foods or supplements regardless of your fitness goals. For more information on post-workout nutrition, ask a certified personal trainer or nutritionist in your area.

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

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
Instructor Curriculum Skill Evaluation Sheet

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

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
Instructor Curriculum Skill Evaluation Sheet

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
Instructor Curriculum Skill Evaluation Sheet

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:			

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

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:			

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

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:			

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

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: <i>NOTE: The evaluator will read the following exactly as it is written to the candidate</i>		Student shall complete the bear crawl	
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:			

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

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:			

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

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:			

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

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: <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
	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:			