



INTERIOR/**WILDLAND FIRE**

Essential Functions and Work Conditions of a Wildland Firefighter

Time/Work Volume May Include:	Physical Requirements May Include:	Environment May Include:	Physical Exposures May Include:
<ul style="list-style-type: none"> • Long hours (minimum of 12-hour shifts) • Irregular hours • Shift work • Time zone changes • Multiple and consecutive assignments • Pace of work typically set by emergency situations • Ability to meet “arduous” level performance testing (the pack test), which includes carrying a 45-pound pack for 3 miles in 45 minutes, approximating an oxygen consumption (VO₂ max) of 45 mL/kg-minute • Typically 14-day assignments, <i>but may extend up to 21 days</i> • <i>For smokejumpers:</i> Meet the minimum smokejumper fitness test, which includes 1½-mile run in 11 minutes or less, 25 pushups, 7 pullups, 45 sit-ups; and carrying 110 pounds for 3 miles in 90 minutes or less. 	<ul style="list-style-type: none"> • Use shovel, Pulaski, and other hand tools to construct fire lines • Lift and carry more than 50 pounds • Lift or load boxes and equipment • Drive or ride for many hours • Fly in helicopter and fixed-wing plane • Work independently and on small and large teams • Use PPE (including hard hat, boots, eyewear, and other equipment) • Arduous exertion • Extensive walking and climbing • Kneeling • Stooping • Pulling hoses • Running • Jumping • Twisting • Bending • Rapid pull-out to safety zones • Provide rescue assistance • Use a fire shelter • <i>For smokejumpers:</i> Lift and carry more than 100 pounds; perform parachute jumps and landings on uneven terrain 	<ul style="list-style-type: none"> • Very steep terrain • Rocky, loose, or muddy ground surfaces • Thick vegetation • Down/standing trees • Wet leaves/grasses • Varied climates (cold, hot, wet, dry, humid, snow, rain) • Varied light conditions, including dim light or darkness • High altitudes • Heights • Holes and drop offs • Very rough roads • Open bodies of water • Isolated/remote sites • No ready access to medical help 	<ul style="list-style-type: none"> • Light (bright sunshine, UV) • Burning materials • Extreme heat • Airborne particulates • Fumes, gases • Falling rocks and trees • Allergens • Loud noises • Snakes • Insects/ticks • Poisonous plants • Trucks and other large equipment • Close quarters, large numbers of other workers • Limited/disrupted sleep • Hunger/irregular meals • Dehydration