



MEDICAL CONSENT 2026

To be completed by your General Practitioner

The role of a firefighter is physically demanding. Applicants will undergo a series of physical assessments that simulate operational tasks:

Cardiovascular Fitness (Beep Test)

Applicants, wearing running gear, will undergo a multi-stage shuttle run assessment. This assessment requires applicants to run at an increasing pace between two markers set 20 meters apart. Applicants are required to maintain pace with an audio cadence to level 9.6.

Physical Aptitude Testing (PAT)

1. Balance Test (PPC & weight vest to be worn)

Applicants will be required to step onto and traverse two 3-metre beams while carrying a 20kg weight bag. The beams are 100mm wide, elevated 450mm off the ground, and separated by a 400mm gap. The task is repeated in both directions.

2. Ladder Climb (PPC & weight vest to be worn)

Applicants will be required to climb a 9-metre extension ladder.

3. Tower Climb (PPC & weight vest to be worn)

Applicants will be required to climb the external stairs of a 6-story Training Tower in under 100 seconds.

4. Height Anxiety Test (PPC & weight vest to be worn)

At the top of the Training Tower, applicants will be required to identify a symbol located on the ground below before safely descending the stairs.

5. Sensory Deprivation Test (PPC only)

Wearing a blacked-out face mask, applicants are guided to a starting point, after which they will be required to independently descend one level to a basement, complete a series of simple navigation tasks, and return to the starting point.

6. Hose Drag (PPC only)

Applicants will be required to drag a weighted sled (equivalent to dragging a hose reel off a fire appliance) for 50 metres.

7. Container Lift (PPC only)

Applicants will be required to lift and carry a 20-litre liquid-filled drum 15 metres, raise it above head height, lower it, and return to the start. This sequence is repeated three times.

8. Hose Hold and Advance (PPC & weight vest to be worn)

Applicants will be required to advance a 64mm charged hose line over 10 metres.

9. Hydraulic Equipment Carry (PPC only)

Applicants will be required to lift a 19kg hydraulic rescue tool from the ground, carry it 15 metres, hold it sequentially at ankle, waist, and chest height, then return it 15 metres to the original location.

10. Team Member Rescue (PPC & weight vest to be worn)

Applicants will be required to drag a sled loaded with 130kg (to simulate the resistance of dragging an 85kg mannequin) backwards for 60 metres in a safe and continuous motion.

*PPC refers to the applicant's own long pants, long sleeve shirt and closed toe shoes.

*Weight vest is 14.5kg to simulate ACTF&R PPC and Breathing Apparatus.

I have examined _____ **Applicants Name** _____ and am satisfied they are in a satisfactory medical state to undertake the above tests.

DATE:

Doctor's Name:
Signature:
Address:
Telephone No: