



S-130 Unit 2: Demands of the Position

Summary:

The intent of this unit is to introduce the importance of maintaining personal health, fitness, and nutrition. The arduous fitness rating is the scale in which minimum fitness standards are evaluated for wildland firefighters to safely perform their duties to mitigate potential illness and/or injuries.

Incident Position Description (IPD) Alignment:

This unit aligns with the following FFT2 IPD specific duties
(<https://www.nwcg.gov/positions/fft2/position-ipd>):

- Establish and maintain the physical fitness level necessary to effectively perform hard physical labor for extended periods under adverse climate, fuel, and terrain conditions.
- Provide for health, safety, and welfare for self and those around you.
- Ensure individual readiness.

Objectives:

Students will be able to:

- Define and discuss Arduous Fitness Rating and work environment.
- Explain the risk associated with working in an arduous environment.
- Describe the benefits of maintaining personal health, fitness, and nutrition.

Unit at a Glance:

Topics	Method	Duration
Arduous Fitness Rating	Presentation	5 Minutes
Heat-Related Injury	Presentation	20 Minutes
Fitness and Nutrition	Presentation	20 Minutes
Life and Work Balance	Presentation	15 Minutes
Total Unit Duration		1 Hour



Materials:

- Incident Response Pocket Guide (IRPG), PMS 461, <https://www.nwcg.gov/publications/461>.
- Interagency Standards for Fire and Fire Aviation Operations (Red Book), NFES 2724, https://www.nifc.gov/policies/pol_ref_redbook.html.
- Notebook for participants.
- S130 Student Evaluation Task Sheet.
- Ability to display images and video on large screen.
- White board or easel access for group breakouts.

Unit 2: Demands of the Position

Slide 1



Unit 2: Demands of the Position

Slide 2

Objectives

Students will be able to:

- Define and discuss Arduous Fitness Rating and work environment.
- Explain the risk associated with working in an arduous environment.
- Describe the benefits to maintaining personal health, fitness, and nutrition.

S-130 Unit 2: Demands of the Position 2

☐ Review course objectives.

Unit 2: Demands of the Position

Slide 3

Arduous Fitness Rating



S-130 Unit 2: Demands of the Position

3

- ☐ Reference Firefighter Training and Qualifications in the *Interagency Standards for Fire and Fire Aviation Operations* (Red Book), NFES 2724, https://www.nifc.gov/policies/pol_ref_redbook.html.
- ☐ Reference *Fitness and Work Capacity*, PMS-304-2, <https://www.nwcg.gov/publications/304-2>.
- ☐ Task each student with reading the work capacity test section in the red book, focusing on the arduous fitness rating definition.

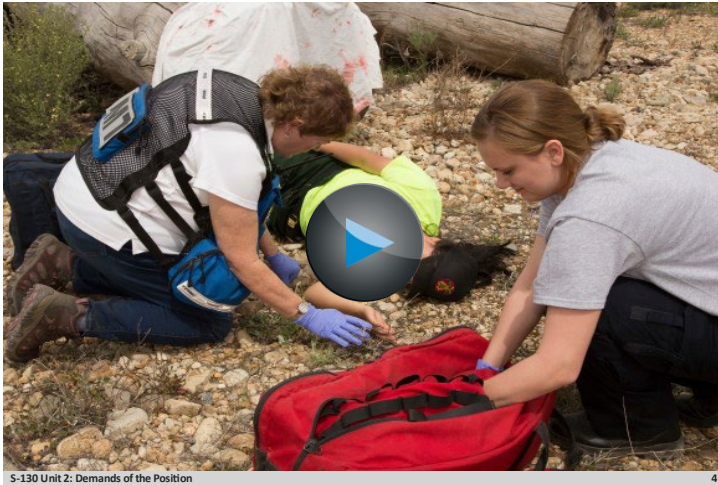
Note to Instructor

Provide reasoning why the arduous rating is evaluated and provide an example of the most arduous experience on the fire line.

Unit 2: Demands of the Position

Slide 4

Heat-Related Injury



Note to Instructor

The image in the slide was taken during a training scenario, not an actual medical response.

- ☐ Reference Heat-Related Injury in the *Incident Response Pocket Guide (IRPG)*, PMS 461, <https://www.nwcg.gov/publications/461>.

Pre-Video Discussion

- ☐ Discuss the definition of Heat-Related Injury provided in the IRPG.
- ☐ **Play Video**

Title Heat-Related Injury

Summary An overview of the conditions that can cause heat stress, heat cramps, and heat exhaustion.

Time (14:17)

Audio

Post-Video Discussion

- ☐ Advise participants that heat-related injury is just one potential risk of working in the dynamic and arduous environment.


Unit 2: Demands of the Position

Slide 5

Knowledge Check

From the list below, identify the symptom that is most closely associated with heat related injuries.

- Sudden bursts of energy
- Ability to maintain focus
- Mental status change
- Strong pulse



The image shows two EMTs in blue uniforms and gloves attending to a patient lying on the ground. One EMT is kneeling and checking the patient's pulse, while the other is standing and looking down at the patient. A red EMT bag is open next to them. The patient is wearing a bright yellow shirt and a black cap. The scene is outdoors on a rocky, uneven surface.

S-130 Unit 2: Demands of the Position 5

Question: From the list below, identify the symptom that is most closely associated with heat-related injuries.

Answer: Mental status change

Unit 2: Demands of the Position

Slide 6

Fitness and Nutrition



Pre-Video Discussion

- Fitness is defined as the body's ability to perform physical activity without distress or injury. Although most people rarely engage in arduous physical activity as part of their daily jobs, wildland firefighters know that physical fitness plays an important role in personal wellness and job performance. It's a proven fact that by incorporating a balanced fitness program into our daily work life, we enhance health and safety, while mitigating risk of injury and illness and increasing ability to do work.

☐ Play Video

Title: Fit For Fire

Summary Understanding the physical, psychological, environmental, and nutritional aspects of health and fitness that make you fit for fire.

Time (10:16)

Audio

Post-Video Discussion

- Fitness and nutrition does not start on your first day of work but is a lifestyle choice that works hand-in-hand with wildland fire careers.
- The first step in maintaining personal fitness and nutrition is focusing on meaningful activity:
 - Enjoyable activity.
 - Activity is sustainable year round.
 - Activity has purpose.
 - Aerobic/endurance and strength training balanced activity.

Unit 2: Demands of the Position

Slide 7

Knowledge Check


Based on the Fire Fit video, which ring of the human performance model is missing from the list below?

Physical

Environmental

_____?

Psychological



S-130 Unit 2: Demands of the Position 7

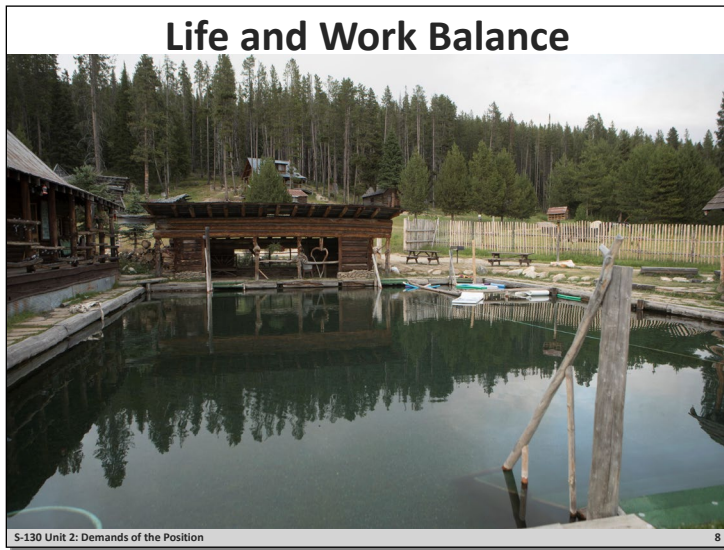
The slide features a 'Knowledge Check' section. It asks the viewer to identify which ring of the human performance model is missing from a list. The list includes 'Physical', 'Environmental', a blank line followed by a question mark, and 'Psychological'. To the right of the text is a photograph showing a group of firefighters in full gear running a course on a dirt path. The background shows trees and a clear sky. At the bottom left of the slide, the text 'S-130 Unit 2: Demands of the Position' is visible, and at the bottom right, the number '7' is displayed.

Question: Based on the Fire Fit video, which ring of the human performance model is missing from the list below?

Answer: Psychological

Unit 2: Demands of the Position

Slide 8



- ❑ Discuss the following relating to life and work balance:
- Length of assignment, local or national, and being gone from home for 14 days (28 days when requested to R&R in place).
 - Extended time away from loved ones (spouses and children, significant others, pets, parents who worry).
 - Being out of cell phone service (limited ability to make phone calls, no Wi-Fi, online bill pay).
 - Potential to miss out on personal life activities (recreation/hobbies, weddings, reunions, birthdays).
 - Working holidays (4th of July, Labor Day).
 - Being called back to work after hours.
 - Inability to be contacted while on assignment for an urgent situation.

Unit 2: Demands of the Position

Slide 9

Objectives

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- Describe the benefits to maintaining personal health, fitness, and nutrition.

S-130 Unit 2: Demands of the Position 9

- ☐ Review unit objectives.