



## 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.

### Unit Objectives:

- 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
<b>Total Unit Duration</b>		<b>1 Hour</b>

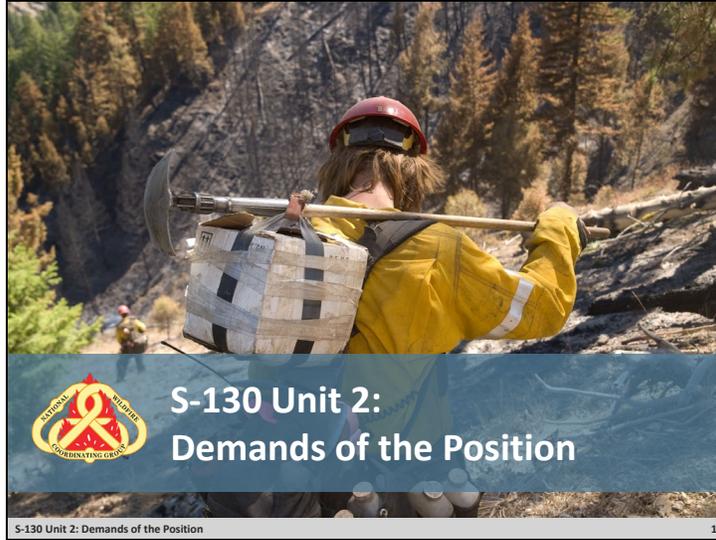
## Unit 2: Demands of the Position

### Materials:

- *Incident Response Pocket Guide (IRPG)*, PMS 461, <https://www.nwcg.gov/publications/461>
- *Interagency Standards for Fire and Fire Aviation Operations*, NFES 2724, [https://www.nifc.gov/policies/pol\\_ref\\_redbook.html](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 breakout

# Unit 2: Demands of the Position

## Slide 1



### Slide 2

### Objectives

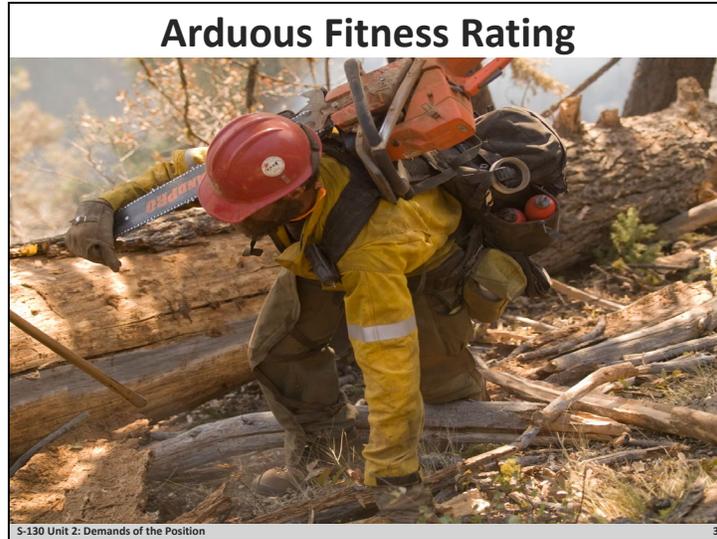
Students will be able to:

- 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.

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- Review course objectives.

### Slide 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](https://www.nifc.gov/policies/pol_ref_redbook.html).
- ❑ 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.

### Slide 4



#### Note to Instructor

The image shown 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.

### 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

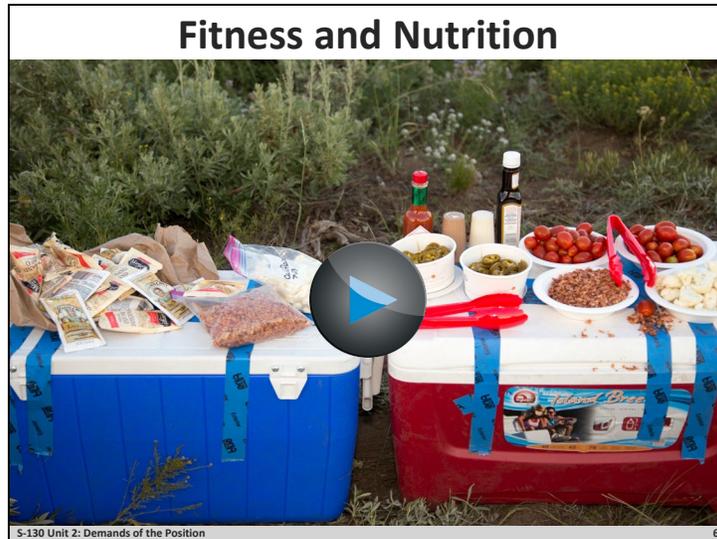


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**Question:** From the list below, identify the symptom that is most closely associated with heat related injuries.

*Answer: Mental status change*

### Slide 6



#### 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

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

Physical  
Environmental  
\_\_\_\_\_ ?

Psychological



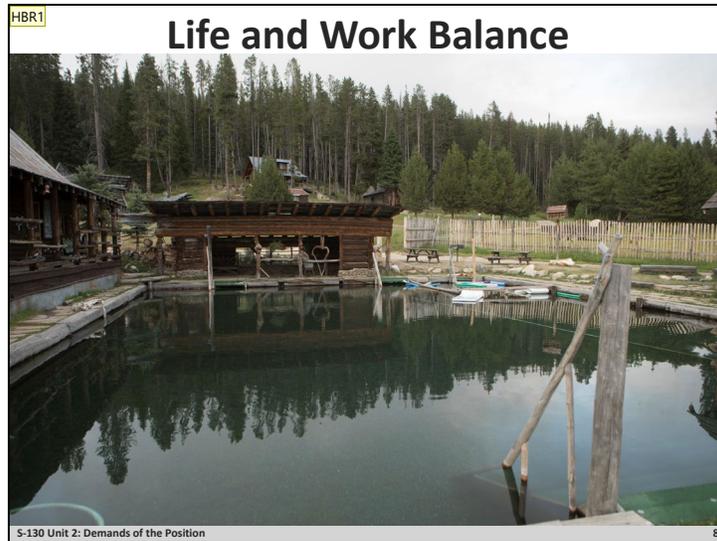
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The slide features a question about the human performance model. It lists three rings: Physical, Environmental, and a blank line followed by a question mark. Below the list, the word 'Psychological' is written in blue. To the right of the text is a photograph of a group of firefighters running a course outdoors. The slide footer contains the text 'S-130 Unit 2: Demands of the Position' and the number '7'.

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

*Answer: Psychological*

### 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 WiFi, online bill pay)
  - Potential to miss out on personal life activities (recreation/hobbies, weddings, reunions, birthdays)
  - Working holidays (4<sup>th</sup> of July, Labor Day)
  - Being called back to work after hours
  - Inability to be contacted while on assignment for an urgent situation

### Slide 9

### 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.

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- Review unit objectives.