



EQUIPMENT CARRY ASSESSMENT

To complete the test successfully the candidate will need to combine endurance, upper and lower body strength and co-ordination and complete the test in 5 minutes 30 seconds.

The candidate will be required to carry equipment over the length of the course, moving around the cones, which cover a distance of 25 metres. The items are laid out in the order that they are to be used. This is the start and finish line

The candidate will not have to remember the sequence of events, as the facilitator will guide you.

- The candidate will start level with this line holding the hosereel at waist height, then Run the hose to the cone and place it down.
- Jog back to the start line and pick up the two coils of red hose and carry the hose up and down the course for 4 lengths.
- Pick up one length of hose by the centre lugs and carry it at chest height up and down the course for 2 lengths.
- Then jog up and down the course for 4 lengths.
- Then pick up and carry the large suction hose and basket up and down the course for 4 lengths.
- Jog up and down the course for 4 lengths.
- Carry the barbell up and down the for course 4 lengths.

Time will start when the instructor says “Go” and it will end when the candidate has crossed the finish line with the barbell.

Running is only permitted when carrying the hosereel, at all other times a jogging pace must be maintained. The time will still continue even if the candidate stops to rest or alter grip on equipment.