

Work Capacity Test: Informed Consent

<u>Pack Test – Arduous:</u> The 3 mile test in with a 45-pound pack in 45 minutes is strenuous, but no more so than duties of wildland firefighting.	<u>Field Test – Moderate:</u> The 2 mile test with a 25-pound pack in 30 minutes is fairly strenuous, but no more than the field duties assigned.	<u>Walk Test – Light:</u> The 1 mile walk test in 16 minutes is moderately strenuous but no more so than the duties assigned.
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Risks

There is a slight risk of complications from participating in this test including injuries (blisters, sore legs, sprains) but also heart attack, rhabdomyolysis, compartment syndrome, heat illness, and possibly death.

If you have been inactive and have not practiced or trained for the test, you should engage in several weeks of specific training before you take the test. Be certain to warm up and stretch before taking the test and to cool down after the test. By completing the Health Screening Questionnaire and/or a physical exam, the potential risk of serious consequences is reduced.

I have read the information on this form and in the brochure “Work Capacity Test,” understood and truthfully answered the Health Screening Questionnaire (if applicable), and understand the purpose, instructions, and risks of the job related to the work capacity test.

Test to be taken (check one):

Pack Test _____ **Field Test** _____ **Walk Test** _____

Participant's Printed Name _____ Date _____

Signature: _____

Supervisor's Printed Name: _____ Date _____

Signature: _____

Dept.: _____

City: _____

State: _____

Privacy Statement

The information obtained in the completion of this form is used to help determine whether an individual being considered can carry out those duties in a manner that will not place the candidate unduly at risk due to inadequate fitness and health.