















# RFS

## KINETIC ASSESSMENT GUIDE

Task	Action
	<b>Climbing into and out of a Category 17 Tanker</b> Climb into and out of a Category 17 Tanker (front cab door) five times without any significant break between each ascent. The task starts with your feet on the ground, whilst maintaining three points of contact, climb up all steps until both feet are on the floor of the cab. Then return to the ground and repeat the task.
	<b>Ladder Climb</b> Climb up seven rungs (one rung at a time) and return to the ground whilst maintaining three points of contact at all times. The task is to be repeated six times.
	<b>Jerry Can Lift</b> Lift a full 20 litre Jerry Can from the ground to the crew refuge area of a Category 17 Tanker. The lift is to be completed with one hand under the Jerry Can and one hand on the top handle. The task is to be repeated five times. You are permitted to stop and adjust your hand position at any time.
	<b>Jerry Can Carry</b> Carry a full 20 litre Jerry Can with one hand a distance of 150m. You are permitted to stop and swap hands at any time throughout the task. However, you are not permitted to carry the Jerry Can with two hands.
	<b>Pole Saw Lift and Hold</b> Lift and hold a fully extended pole saw three times. Pick up the pole saw from the floor, lift the pole saw to a waist-high horizontal position. Then lift the pole saw to a 45-degree angle and hold for five seconds. Following the five second hold, lower the pole saw back to the horizontal position and repeat this three times before laying the pole saw back on the floor.
	<b>Brushcutter Walk</b> You will be equipped with a brushcutter harness with the brushcutter attached, along with two full fuel canisters. You will walk down a straight line (10m) and stop at various sets of cones. In a controlled movement you must rotate 180 degrees over each cone (right and left) and then move on to the next set of cones.
	<b>Chainsaw Hold</b> Maintain three static chain saw positions for 45 seconds each using a 16" Chainsaw. You have 15 seconds rest between each hold. Positions: 1 (Standing upright with the chainsaw above waist height), 2 (Standing with bent knees with one arm locked into the body and the other straight), 3 (Kneeling with one arm locked into the body and the other straight holding the top chain saw handle).
	<b>Crawl/Crab Walk</b> Crawl or crab walk (hands and toes) for a distance of 20m.
	<b>Dummy Drag Mannequin</b> Drag a 50kg manikin a distance of 20m. This task is to be completed twice. The first task is to be done in an upright position and the second task is to be done in a stooped position i.e. remaining under 1.5m height.
	<b>Kneeling and Squatting</b> Kneel or squat for 3 minutes (in a CPR simulation).
	<b>Pull Simulation</b> Pull a large tyre (with its inner sleeve weighted) with a hand tool (McLeod tool or similar) for a distance of 10m.
	<b>Sledgehammer</b> Strike a tyre positioned flat on the ground. You will be positioned adjacent to the tyre and must strike the side of the tyre 60 times within a two-minute period.

**Note: The Kinetic Assessment is completed after the Arduous Pack Test, ensure you are training for the above tasks in a state of physical exhaustion.**