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| Dear Applicant,  We thank you for deciding to look into the Lowell Rural Fire Protection District. We know and understand that application processes may seem daunting and confusing. This letter will provide you a guideline in the process of your application process. If there are additional questions that you may have, do not hesitate to reach out.  The following is a description of the process that an applicant can expect to go through with Lowell Rural Fire Protection District.   * Turn in application * Background is performed * Applicant is invited to come in for 2-3 hours to get to know a crew and to have an informal Interview * Make and appointment with Cascade Medical   + Firefighters – Pre-placement Physical, Preplacement Drug Screen and OSHA Respiratory Questionnaire   + All other positions – Pre-placement Physical and Pre-placement Drug Screen * After Physical and Drug Screen results are received firefighters will set a time to perform a Physical Agility Assessment\* * After Physical and Drug Screen results are received (and firefighter agility assessment is complete) applicants will be set up in District training programs   + H.R. classes will be assigned (these need to be completed before being assigned to a shift)     - Anti-Harassment in the Workplace     - Basic Telephone Skills     - Bloodborne Pathogens for First Responders     - Career Professionalism     - Diversity in the workplace     - Drug and Alcohol Awareness     - Fall Protection     - Risks of social media in the Workplace     - Sexual Harassment in the Workplace     - Violence in the Workplace     - Workplace Bullying     - Wildland S130, S190 and L180     - ICS 100, 200, 700 and 5a * Assigned to a shift   Sincerely,  Lon Dragt, Fire Chief Lowell Fire | 389 N Pioneer Street  Lowell, Oregon 97452  541-937-3393  www.lowellfiredistrict.org |
| Chief Dragt |
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Physical Agility Test

1. Ladder Climb – The participant shall climb a 24-foot ladder and touch the top rung and then descend the ladder in a safe manner. A demonstration of proper technique may be provided.
2. Lanyard Pull – The participant shall pull a rope through a pulley with 50 lbs. of weight attached to a height of 15 feet. The participant shall control the decent of the weight to the ground.
3. Ventilation Exercise – Given a Fire District sledgehammer and standing on level ground with the Keizer sled placed on the ground, the participant must strike the target with the hammer from one end to the other.
4. Equipment Carry – The participant shall carry to 50-foot rolls of 2 ½” hose 50-feet.
5. Hose Advance – The participant, given a charged 1 ¾” hose line, shall pick up the nozzle, advance the hose line for a distance of 75-feet and place the nozzle on the ground.
6. Rescue Drag – The participant, given a dummy on a level surface, shall drag the dummy 75-feet.
7. Equipment Carry – The participant shall carry a 150-foot bundle of 1 ¾” hose 100-feet. When the participant reaches the designated location, they shall place the hose bundle on the ground and clap their hands to stop the test time.

The participant should bring comfortable shoes and pants. The participant will be provided a Turn-out coat, SCBA, Helmet and leather gloves to perform the test with.

The time limit for new member will be 8 minutes.