

## Equipment Carry/Vehicle Extrication



The applicant will lift and carry small (18 kg or 40 lb) and large (36 kg or 80 lb) vehicle extrication tools (the “Jaws of Life”) a total distance of 30 m (100’).

Next, the applicant picks up the smaller (18kg) tool, carries it 7.6 m (25’) and sets it down in front of a vehicle door mock-up.

The smaller tool must be held in a level position at right angles to the door mock-up with the “jaws” in firm contact with each of three flat metal discs that are similarly oriented to the three “pins” that must be broken to remove a car door.

The tool is held in the correct position for 30 s on each disc. The tool is set down between each hold, and the applicant must stand erect before lifting the tool and moving on to the next point of contact.

After this sequence is completed, the applicant returns both tools to the starting point.

This test is scored on a pass-fail basis and is designed to evaluate the strength and endurance required to lift, carry and use heavy tools in rescue situations. In order to pass the test, the applicant must complete all aspects of the simulation safely and with correct form in less than 270 seconds.