

## Victim Rescue



Starting from an erect position, the applicant lifts and drags a mannequin weighing 68.2 kg (150 lb) a total distance of 30 m (100'). The test starts with the mannequin lying "face-up" on the floor. The test time starts when the applicant moves to pick up the mannequin.

The applicant will lift the mannequin and walk backwards for 15 m, turn around a traffic cone and return to the start line as quickly as possible. The test time stops when the mannequin has completely crossed the finish line.

No part of the mannequin or applicant may touch the traffic cones during the test.

This test assesses upper and lower body muscle strength and endurance. The test must be completed safely in less than 49 seconds.