Front Cover

FIT TO FIGHT

FITNESS AND READINESS FOR WILDLAND FIREFIGHTERS



ACTUAL SIZE (3.75 x 5.5 in)

Tabs Color Scheme Proposal

INTRODUCTION

Wildland firefighters work in natural areas, such as forests, grasslands, and other similar environments to prevent and suppress fires, both nationally and internationally. They spend long periods in remote, rugged environments, often camping out in the field for extended periods of time. The role involves teamwork, technical knowledge, and the ability to adapt to evolving environments.

QuickFact

Firefighters work for a variety of Federal agencies, state institutions, tribes, and private contractors. Within the Federal Government, the U.S. Department of Agriculture (USDA) Forest Service and the Department of the Interior (DOI) hire the most firefighters.

Most firefighting positions in the DOI are hired by the four bureaus that manage wildland fire: Bureau of Indian Affairs (BIA), Bureau of Land Management (BLM), National Park Service (NPS), and U.S. Fish and Wildlife Service (USFWS).



ESSENTIAL FUNCTIONS AND WORK CONDITIONS

PHYSICAL DUTIES

Wildland firefighting is a physically demanding job that requires diverse skills, including the following:



- Creating a fireline (a break in the fire's path) by cutting, scraping, or digging vegetation.
- Using drip torches to conduct planned, controlled burns during burnout operations.
- Locating and extinguishing residual fire activity along a fire's edge in mop-up operations.
- Using and maintaining various equipment, including shovels, chainsaws, water pumps, and chemical extinguishers.
- Rescuing hikers and others who may be caught in the fire.
- Assisting in aerial firefighting operations by coordinating water drops and fireline support.
- Driving specialized vehicles, including fire trucks and all-terrain vehicles.
- Maintaining physical readiness through regular fitness testing and meeting physical standards.
- Undergoing routine medical assessments to ensure fitness for duty and to monitor health risks associated with wildland firefighting.

INTRODUCTION 2

3

INTRO TAB 1
MEDICAL EXAMS TAB 2
PHYS. REQUIRE-MENTS TAB 3
WCT TAB 4
FITNESS TAB 5
ASPECTS OF FITNESS TAB 6
NUTRITION TAB 7
INJURY PREVEN-TION TAB 8
RE-SOURCES TAB 9

70% OF ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

INTRODUCTION

Wildland firefighters work in natural areas, such as forests, grasslands, and other similar environments to prevent and suppress fires, both nationally and internationally. They spend long periods in remote, rugged environments, often camping out in the field for extended periods of time. The role involves teamwork, technical knowledge, and the ability to adapt to evolving environments.

QuickFact

Firefighters work for a variety of Federal agencies, state institutions, tribes, and private contractors. Within the Federal Government, the U.S. Department of Agriculture (USDA) Forest Service and the Department of the Interior (DOI) hire the most firefighters.

Most firefighting positions in the DOI are hired by the four bureaus that manage wildland fire: Bureau of Indian Affairs (BIA), Bureau of Land Management (BLM), National Park Service (NPS), and U.S. Fish and Wildlife Service (USFWS).



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

ESSENTIAL FUNCTIONS AND WORK CONDITIONS

PHYSICAL DUTIES

Wildland firefighting is a physically demanding job that requires diverse skills, including the following:



- Creating a fireline (a break in the fire's path) by cutting, scraping, or digging vegetation.
- Using drip torches to conduct planned, controlled burns during burnout operations.
- Locating and extinguishing residual fire activity along a fire's edge in mop-up operations.
- Using and maintaining various equipment, including shovels, chainsaws, water pumps, and chemical extinguishers.
- Rescuing hikers and others who may be caught in the fire.
- Assisting in aerial firefighting operations by coordinating water drops and fireline support.
- Driving specialized vehicles, including fire trucks and all-terrain vehicles.
- Maintaining physical readiness through regular fitness testing and meeting physical standards.
- Undergoing routine medical assessments to ensure fitness for duty and to monitor health risks associated with wildland firefighting.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

4

TIME/WORK VOLUME

+ Long hours (minimum of 12-hour shifts)
+ Irregular hours
+ Shift work
+ Time zone changes
+ Multiple and consecutive assignments
+ Pace of work typically set by emergency situations
+ Ability to meet “arduous” level performance testing (the pack test) (Flip to the “Work Capacity Test” tab for more information.)
+ Typically, 14-day assignments, but may extend up to 21 days

ENVIRONMENT

+ Very steep terrain
+ Rocky, loose, or muddy ground surfaces
+ Thick vegetation; down/standing trees
+ Wet leaves/grasses
+ Varied climates (cold, hot, wet, dry, humid, snow, rain) and light conditions, including dim light or darkness
+ High altitudes and heights
+ Holes and drop-offs
+ Very rough roads
+ Open bodies of water
+ Isolated/remote sites
+ No ready access to medical help



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

PHYSICAL EXPOSURES

- Light (bright sunshine, UV)
- Burning materials
- Extreme heat
- Airborne particulates
- Fumes, gases
- Falling rocks and trees
- Allergens
- Loud noises
- Snakes
- Insects/ticks
- Poisonous plants
- Trucks and other large equipment
- Close quarters, large numbers of other workers
- Limited/disrupted sleep
- Hunger/irregular meals
- Dehydration



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

MEDICAL EXAMS

For the safety of wildland firefighters and their crews, those in arduous fire positions must meet certain medical standards, including an initial medical exam and follow-up exams every three years.

Those rated “qualified” or “qualified with a risk mitigation waiver” must complete a self-certification each year that an exam is not required. They must receive a qualification certification prior to attempting the arduous work capacity test (WCT).

The type of exam needed depends on whether you are newly hired or are a current firefighter who has previously completed an exam.

TYPES OF MEDICAL EXAMS

Baseline Exam (Newly Hired)

The initial exam is required for those newly hired into positions with arduous duties. This in-person medical exam will be ordered by your Human Resources (HR) office or your unit’s Fire Management Officer (FMO).

Periodic Exam (Every 3 Years)

The periodic medical exam is required every three years from the date of your last exam. It must be completed prior to the annual WCT (the pack test).

Self-Certification (Annual)

The annual self-certification is required each year between in-person exams. The medical qualification exam self-certification process is available through the Leidos QTC Health Services (LQTC) myCority application.

Visit: **https://doi.my.coritygov.com**



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

MEDICAL EXAM PROCESS

STEP 1 SCHEDULE

Your HR office or FMO will request your baseline or periodic medical exam for you. Look for an exam request notification in your inbox. If you have not received one and are approaching 36 months since your last in-person exam, you may wish to contact them.

The contracted exam provider will schedule your appointment in your local area (within 50 miles in most cases) and notify you. In some remote areas where a provider is not readily available, mobile clinics providing on-site exams may be arranged by the Department.

STEP 2 DOCUMENTATION

You must provide supporting documentation for any existing significant medical conditions. This documentation may be uploaded in the examinee portal prior to your appointment. Be sure to compile all required documentation before your exam. You may need to request some items from your doctor.

Bring the following items to your exam:

+ A valid ID with your legal name
+ Documentation of any medical conditions not previously provided
+ Documentation of any medications you are taking
+ Information from your medical provider regarding procedures or surgeries that indicates you are fully recovered and can perform essential functions of an arduous-duty wildland firefighter

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026



MEDICAL EXAM PROCESS (CONT'D)

STEP 3 EXAM

The government pays for all baseline and periodic exams. You should not provide any personal insurance information.

Your appointment will include all basic components of a physical exam, such as blood pressure, hearing, and vision tests; heart and lung evaluations; and basic mobility and dexterity tests.

STEP 4 DETERMINATION

A medical officer with occupational health expertise will review the exam results and prepare your determination letter. The medical determination may recommend additional follow-up appointments or testing. If you receive a follow-up recommendation, it is your responsibility to schedule and pay for the service unless you obtain prior specific authorization from your agency.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

Approximately two weeks after your exam, you will receive your determination letter. It will provide one of the following qualification determinations:

Qualified

+ No further action is needed with your medical exam currently.
+ Contact the individual who ordered your exam for guidance about next steps.

Deferral

+ Additional information is needed to complete your determination. The additional requirements should be identified in the letter.
+ To begin the process of addressing these additional requirements, submit the information from your letter directly to the contractor, LQTC, within 10 business days.

Not Qualified (Static and Stable)

+ Additional information may be required. A wildland firefighter or applicant who receives a “not qualified” (static and stable) determination from their medical exam can ask to participate in the risk mitigation and waiver process (flip to the next page).

Not Qualified (Not Static and Stable)

+ Additional medical documentation can be submitted at any time to determine if your medical condition meets the standards for a static and stable determination.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

MEDICAL REVIEW PROCESS

The medical review process helps to determine whether a "not qualified" determination can be changed to "qualified" with further information or whether a non-qualifying condition is static and stable.

The medical review process begins when additional medical documentation is provided to address a non-qualifying condition. The documentation can be provided at any time through a wildland firefighter customer service representative.



MEDICAL REVIEW AND WAIVER PROCESS

In some cases, the medical exam will reveal a condition (e.g., asthma, high blood pressure, recent surgeries, chronic conditions) that could prevent you from safely performing essential firefighting functions. If you receive a "not qualified" (static and stable) determination from your medical exam, you cannot complete the WCT or participate in arduous duties.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

For many medical conditions, you will be asked to provide additional information for clarification. You may receive a recommendation for follow-up doctor visits or tests. You are responsible for any costs associated with obtaining additional documentation, completing follow-up visits, or taking additional medical tests related to a not qualified determination.

Within five days of receiving a not qualified determination letter, you will receive instructions from your agency for participating in the risk mitigation and waiver process. This interactive risk assessment and agency review is facilitated by your FMO.

QuickNote

It is up to you to ask to participate in the risk mitigation and waiver process. You should work with your FMO and HR staff to file a request. If approved, you will be responsible for taking the agreed-upon medical mitigation measures while firefighting.

LEVEL 1 RISK MITIGATION AND WAIVER PROCESS

The risk mitigation and waiver process includes two levels of appeal.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

During the first level of the risk mitigation and waiver process, you will work with your FMO and HR staff to conduct a risk assessment and determine if the risks associated with your non-qualifying medical condition can be mitigated.

Timeline

Level one of the process may take no more than 60 days to complete. For medical conditions that are not complex, the process may be completed in less than two weeks.

- **5 days** to return the opportunity memo and choose to participate in the risk mitigation and waiver process
- **14 days** to gather the required documentation identified in the opportunity memo
- **15 days** to request an extension, which must be acknowledged by the FMO
- **30 days** to draft a risk mitigation and waiver memo with your FMO

QuickFact

You may request a 15-day extension or opt out of the process at any time.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

Meeting

After requesting to participate in the risk mitigation and waiver process, you will meet with your FMO and HR staff. It is important to bring certain documents to the discussion, including:

+ Your most recent not qualified determination letter.
+ A description of your work experience pertinent to arduous duty activities.
+ Your incident qualifications and certification system records.
+ A description of the measures you will use to mitigate the risk posed by your medical conditions.

Process

You will review your application with your FMO and HR staff and conduct an interactive risk assessment. The assessment will consider the following items:

+ The medical condition and the rationale for arduous duty disqualification
+ Medically imposed job restrictions or limitations
+ Your relevant employment history and qualifications
+ Changes in health status between fire seasons
+ Whether or not the medical condition is static and stable
+ Prescription drug efficacy
+ Work conditions (e.g., working alone, on call for 24 hours, remote locations, heat, environmental contaminants)
+ Whether your stature or body symmetry exceeds the limitations of any personal protective equipment
+ Physical limitations that preclude you from being able to perform the full range of wildland firefighting tasks

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

If the group determines that no mitigations are appropriate or required, you may still be considered for a waiver. It is also possible that the risks of the non-qualification issue cannot be mitigated sufficiently for you to safely perform arduous duties.

After the assessment is completed:

+ HR staff will refer the risk mitigation and waiver decision to your FMO for review.
+ Within five working days, your bureau's Medical Standards Program lead should review the draft risk mitigation and waiver decision and provide advice to the FMO and HR staff.
+ Within five working days, HR staff will forward the draft decision to the management official.
+ The management official will make the final determination, which could be acceptable risk, acceptable risk with conditions, or unacceptable risk.



The signed risk mitigation and waiver decision will be sent to the FMO and HR staff for you to sign.

If you do not receive a favorable decision in the first-level review, you can choose to pursue the second level of the risk mitigation and waiver process.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

LEVEL 2

Those who received a "not qualified" (static and stable) determination and did not receive a favorable decision from the first level of the risk mitigation and waiver review process may request a second-level review. The second level of the risk mitigation and waiver review process is completed by the Department of the Interior's (DOI) Medical Review Board.

Timeline

- **15 days** to request a second-level risk mitigation and waiver review
- **10 days** for HR staff to notify you that the process is complete if they decline to participate
- **30 days** for the Medical Standards Program to schedule the Medical Review Board review
- **10 days** for the management official to communicate a final decision to you after receiving a recommendation from the Medical Review Board

Process

When you request a second-level review, your HR staff will forward your file to the Department's Medical Standards Program. The Medical Review Board will review your request. The Medical Review Board will provide a recommendation to the management official, who will make the final decision. Once a final decision has been rendered, your qualification status will be noted in your file.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

PHYSICAL REQUIREMENTS

Most wildland fire personnel engage in arduous activities. Some wildland fire positions require lower levels of exertion and have different medical and physical fitness testing requirements.

DUTY TYPES

Positions in wildland fire require testing to ensure you can perform the necessary physical activities safely. The positions are divided into three categories based on the level of exertion required. Testing requirements are different for each category.



ARDUOUS DUTY

Wildland firefighting (which includes positions such as firefighter, faller, or crew boss) involves arduous work. You must be able to perform the essential functions required by your position at any time. This work may include, but is not limited to, lifting and carrying more than 50 pounds, walking, climbing, running, jumping, flying in helicopters and fixed wing airplanes, working in remote locations and at high altitudes, working long hours, disrupted sleep, and irregular meals.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

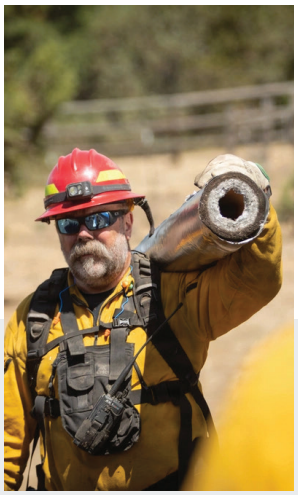
COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

MODERATE DUTY

Moderate duty positions (e.g., operations section chief, safety officer) require average endurance and conditioning, as well as complete control of all your physical faculties. Activities required by moderate duty positions include, but are not limited to, the following:



+ Considerable walking over irregular ground
+ Standing for long periods
+ Lifting 25 to 50 pounds
+ Climbing, bending, stooping, squatting, twisting, and reaching

LIGHT DUTY

Light duty positions (e.g., incident communications technician, camp manager) require light physical exertion in field or office settings and basic good health. Activities include, but are not limited to, the following:

+ Climbing stairs
+ Standing
+ Operating a vehicle
+ Long hours of work

Activities also include some bending, stooping, or light lifting. You can almost always govern the extent and pace of your physical activity.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

WORK CAPACITY TEST

THE FIRST STEP

The work capacity test (WCT) is a job-related test to determine your ability to perform the minimum physical standards for your position. Before you begin training or take the WCT, all persons must fill out a Health Screening Questionnaire (HSQ). The HSQ will be reviewed by a Servicing Human Resources Office and the Safety and Health Resource Office will determine whether you are cleared to start conditioning, take a WCT, or need further medical evaluation.

Anyone taking the WCT (i.e., light duty, field test, or the pack test) shall only take the test necessary for their red-carded position as described in the *Wildland and Prescribed Fire Qualification System Guide* (NWCG Publication PMS 310-1) and must be made available for fire assignment.

QuickClick

Find the HSQ here: **www.fs.usda.gov/sites/default/files/2023-03/HSQ-Form-FS-5100-31.pdf**

Step 1: Contact your local Fire Management Officer (FMO). They will collect your information and enter it into the medical exam tracking system, LQTC Cority.
Step 2: Your local FMO will order your HSQ.
Step 3: You'll receive a registration email and directions to complete the HSQ.
Step 4: If cleared, you'll receive a printable certificate that you can take to your WCT. The certificate of qualification can be printed through the LQTC myCority application.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

WCT LEVELS

There are three levels of tests, which correspond with the three duty types.

1. **Pack Test (Arduous Duty):** Complete a 3-mile walk over level terrain in 45 minutes or less while carrying a 45-pound pack.
2. **Field Test (Moderate Duty):** Complete a 2-mile walk over level terrain in 30 minutes or less while carrying a 25-pound pack.
3. **Walk Test (Light Duty):** Complete a 1-mile walk over level terrain in 16 minutes or less (no pack-carrying requirement).

THE PACK TEST



The energy cost of the Pack Test is similar to fireline work. Pack Test performance relates directly to muscular fitness. Because of the test distance, the Pack Test is an excellent indicator of the capacity to perform prolonged arduous work under adverse conditions with a reserve to meet unforeseen emergencies.

Jogging during the test is not permitted. A score of 45 minutes correlates with a step test score of 45 or a 1.5 mile-run time of 11 minutes 40 seconds, the previous standard for wildland firefighters. The Pack Test is not a competition; it is pass/fail only.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

TRAINING FOR THE WCT

Once cleared to begin training, you will need the following:

+ Adequate footwear to protect your feet and ankles while testing
+ Comfortable clothing
+ A well-fitted pack
+ A safe place to train

Start training a minimum of four weeks before you are scheduled to take the test. For work hardening, you may want to train in the boots you will wear on the job. Ankle-height hiking or sport shoes should be worn during the test for ankle protection.

For the Pack Test:

+ Begin by hiking a 3-mile flat course without a pack.
+ When you can cover the course in less than 45 minutes, add a pack with about 25 pounds.
+ Increase the weight until you can hike 3 miles in 45 minutes while carrying 45 pounds.

QuickTip

- Hike hills with a pack to build leg strength and endurance.
- Jog the flat course without a pack to build aerobic fitness.
- Do overdistance training for stamina.
- Crosstrain with mountain biking and weights to build endurance and strength.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

MAINTAINING PHYSICAL FITNESS

PHYSICAL DEMANDS

Wildland firefighters perform rigorous tasks as a regular part of their job. To minimize the chance of injury or fatigue, they must maintain a certain level of physical fitness.

When prolonged hard work is involved, fitness is the most important factor in **work capacity**.

QuickTerm

Work capacity is a composite of fitness, acclimatization, nutrition, skill, experience, motivation, and intelligence.

Fitness has two components: aerobic and muscular fitness.

1 **Aerobic fitness** is a measure of your ability to supply working muscles with the oxygen they need to perform vigorous day-long work. When you can deliver and use oxygen efficiently, you can do work without undue fatigue.



2 **Muscular fitness** includes strength, muscular endurance, and flexibility.

- Strong workers can lift and carry heavy loads with less fatigue or risk of injury.
- Muscular endurance enables you to continue working at otherwise fatiguing tasks.
- Flexibility means a better range of motion that lowers the risk of injury.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

BEFORE YOU BEGIN

+ Use the activity's specific apparel and shoe wear. Clothing should be appropriate for environmental conditions.
+ Develop a good goal statement. It must be specific, measurable, attainable, realistic, and timed (SMART).

As with all types of exercise, start slowly and build up activity levels over a period of time.

Always warm up at the beginning of the workout to allow the body (muscles and heart) to gradually transition from a resting state to an exercise state and prepare for the more strenuous parts of your workout.
Always cool down at the end of the workout to gradually return from an exercise state to a rest state.

When working out, include all the essential components of exercise listed in this guide to ensure a balanced fitness program while minimizing injury.

Don't overexert yourself. Moderate, sustained activities are best at first. Exercise can then be intensified but not so much as to cause injury. Signs of overexertion include chest pain, breathlessness, dizziness, and nausea. Stop immediately if you experience any of these symptoms, and get medical help if they persist.
Don't exercise while ill or injured. This would delay your recovery. Be patient. When you are healthy again, rebuild gradually to regain any lost conditioning.
Stay hydrated. Drink fluids before, during, and after exercise.
Rest. Be sure to include 1 or 2 days of rest during the week to ensure adequate conditioning and recovery.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

WARM-UP AND COOLDOWN

Exercise sessions begin with a warm-up and end with a cooldown.

Warm-Up

The warm-up should begin with an activity that slowly increases the heart rate, such as jogging or jumping rope. It should also include large limbering exercises. Each limbering exercise should be done while moving (e.g., walking lunges, arm circles, skips, jumping jacks).



Cooldown

Cooldown stretches should last five to 10 minutes to allow the heart rate to decrease.

- Stretch each muscle group used during exercise, holding each stretch for 20-30 seconds.
- Stretch slowly and remain in control.
- Do not bounce or jerk.
- Go to the point of mild discomfort, not pain.
- Breathe normally and avoid stretches that are uncomfortable or that hurt.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

ASPECTS OF FITNESS

Fitness is defined as the body's ability to perform physical activity without distress or injury. A good exercise program encourages balance between these essential aspects of fitness:

1. **Aerobic Fitness:** Ability to perform large muscle group activities that are repetitive and rhythmic in nature, increasing the body's ability to take in and use oxygen



2. **Muscle Strength and Power:** Amount of force a muscle can exert against resistance in one maximal effort; muscle power is exerted in a quick burst, such as jumping or vaulting



3. **Muscle Endurance:** Ability of a muscle to exert force repeatedly without undue fatigue



4. **Core Strength and Stability:** Foundation for movement and stabilization of the spine
5. **Flexibility:** Range of motion around a joint

Other components of fitness:

Body Composition: Percentage of body fat relative to the lean muscle tissue in the body
Rest: Period used to ensure recuperation from fatigue and injury

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

FITT PRINCIPLE

All exercise programs presented in this guide are based on the FITT Principle:

Frequency	Number of training sessions per week
Intensity	Effort required for an exercise, as measured by the exercise heart rate or number of repetitions
Time	Length of workout session
Type	Kind of exercise chosen

ASPECT #1: AEROBIC FITNESS

Aerobic fitness refers to the ability to complete dynamic exercises for extended periods, using large muscle groups, such as the legs or torso. This aspect is indicative of the efficiency of the heart, lungs, and vascular system in delivering oxygen to working tissue.

TRAINING

Aerobic capacity may be improved through a variety of large muscle group activities, such as cycling, running, pack hiking, and swimming. The benefits of aerobic training include reduced fatigue and an increased physical capacity. It can also improve a person's decision-making skills and overall quality of life.

AEROBIC PROGRAM DESIGN

You can improve your aerobic fitness by gradually increasing the duration and intensity of an activity while ensuring variation through cross-training. Cross-training is important to avoid boredom and overuse injuries. To change the intensity of your aerobic activity, change the speed, incline, or resistance (pack hiking on hilly terrain, circuit training).

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

Another option to improve aerobic fitness is interval training. Without rest, alternate every other day between activities of low or moderate intensity and activities of high intensity, such as short sprints, calisthenics, and agility drills that require quick bursts of speed.

FITT

Frequency	3-6 times per week for 20-60 minutes at a time
Intensity	Variable: Refer to the table below for target heart rates relative to age and levels of training
Time	10 minutes for beginners, working up to a minimum of 20 and maximum of 60, depending on goals
Type	Aerobic conditioning with a variety of large muscle group activities

HOW HARD SHOULD YOU EXERCISE?

The Talk Test

The simplest way to determine the intensity of a workout is to talk while exercising.

Speed up	If talking is too easy
Slow down	If talking is difficult; you are gasping for air
Correct intensity	If talking comes in short bursts; breathing is deep but comfortable

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

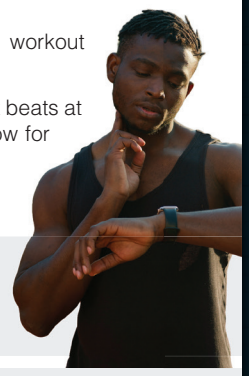
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

Listen to Your Heart

Let the exercise heart rate be your workout intensity guide.

Resting heart rate: The rate the heart beats at complete rest. Refer to the chart below for the procedure.



Procedure for taking heart rate:

1. Pressing gently with the index and middle finger, locate the pulse on the carotid artery on the side of the throat.
2. Using a watch with a second hand, begin counting the number of beats for 10 or 15 seconds.
3. Multiply the beats counted by 6 or 4 respectively to calculate the number of beats per minute.

Seconds	Multiply by	Example
10	x 6	13 beats x 6 = 78 beats per min.
15	x 4	19 beats x 4 = 76 beats per min.

Maximum Heart Rate: The fastest rate the heart can beat, estimated by using the formula: 220 - age.

Target Heart Rate

The target heart rate (THR), or training heart rate, represents the desired range the heart rate should reach during aerobic exercise. At THR, the heart is exerted but not overworked.

This theoretical range varies from person to person, based on fitness level, age, and physical condition. Your THR should range between 60% and 85% of the maximum heart rate.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

ASPECT #2: MUSCLE STRENGTH AND POWER

Firefighters regularly use multiple areas of muscular strength and power. The latter are primary factors in work capacity when the following tasks are involved:

+ Using heavy tools
+ Jumping or vaulting
+ Moving or lifting heavy loads

Absolute strength involves the continuous exertion of maximal force for a brief period of time, whereas dynamic strength (power) is the ability to use short bursts of muscular force over a short duration.

TRAINING

QuickFact

Muscle strength and power are improved by lifting loads more than 75% of your maximal strength as many times as possible (more weight and fewer repetitions).

To develop a muscle strength routine, start with a weight that you can safely lift. Do 1-6 repetitions to increase muscle strength. Once you can easily do the 6-rep maximum over 3 sets, increase the weight.

Alternate options to add variety and avoid boredom:

+ Split weight workouts for the upper and lower body.
+ Increase sets.
+ Change exercises.
+ Incorporate circuit training.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

FITT

Frequency	3-4 times per week
Intensity	1-3 sets of 1-6 reps with over 75% of the maximum weight
Time	Variable
Type	Calisthenics, free weights, weight machines

TRAINING SAFELY

+ Always have a partner when lifting weights (buddy system).
+ Use correct lifting techniques when training.
+ Wear athletic shoes and clothing appropriate for the activity.
+ Allow adequate recovery time for the muscles to rest (2-3 minutes between sets).
+ Do not train when injured or ill.
+ Do not hold your breath while lifting weights and breathe out when exerting.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

ASPECT #3: MUSCLE ENDURANCE

Muscle endurance refers to a muscle group's capacity to exert force intermittently or continuously without undue fatigue. It plays an important role in work capacity for tasks involving repetitious motions:

+ Using hand tools
+ Pulling hose

Muscle endurance helps good posture, minimizing lower back problems. It is also important for activities involving the use of force.

TRAINING

QuickFact

Muscle endurance is developed when you lift up to 75% of your rep maximum repeatedly (less weight, more repetitions).

To develop an endurance routine, select a weight that you can lift for 12-20 reps or more, and build up to 3 sets. You can also use your body weight (e.g., push-ups). Once you can lift the weight easily, increase it.

FITT

Frequency	3-4 days per week
Intensity	1-3 sets of 12-20 reps or more with up to 75% of the maximum weight
Time	Variable
Type	Calisthenics, free weights, weight machines

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

When developing a muscle fitness program, always factor in a variety of exercises to maintain interest, and use the muscles in different ways to promote muscle balance. Recuperation time between muscle workouts is important to minimize injuries and overuse.

EXAMPLES OF MUSCLE BALANCE

Muscle Group 1	Muscle Group 2
Biceps	Triceps
Abdominals	Lower back
Chest	Upper and middle back
Quadriceps	Hamstrings



ACTUAL SIZE (3.75 x 5.5 in)

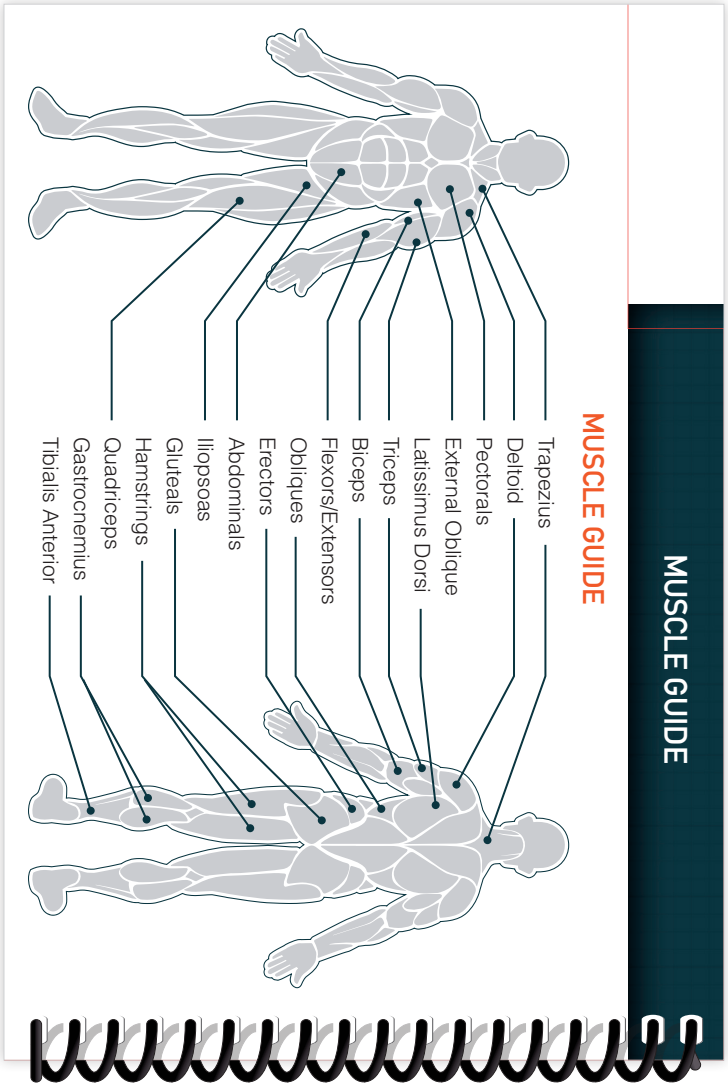
NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

ASPECT #4: CORE STRENGTH AND STABILITY

Core strength and stability are crucial to overall fitness. They ensure muscle balance and decrease the risk of injury linked to postural imbalances. Lying deep in the torso, the core muscles stabilize the spine and act as the foundation for movement, whereas stabilization involves the pelvic muscles.

TRAINING

Developing core fitness helps sustain physical activities and maintain good health in daily life. When exercising the core muscles, it is important to include all muscle groups.

FITT

Frequency	4-5 days per week
Intensity	1-3 sets of 12-20 reps
Time	Variable
Type	Variable; see table below

TYPES OF EXERCISES

Muscle Group	Types of Exercise
Abdominal muscles, including oblique muscles (frontal and side)	Crunches, sit-ups, side planks, front planks
Hip flexors	Lunges
Lower back	Back extensions, arch-ups

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

ASPECT #5: FLEXIBILITY

Flexibility is the ability to move a joint through a full range of motion. It is one of the most important components of a balanced fitness program because it provides the glue that holds the program (and body) together.

Both static flexibility and dynamic flexibility are important attributes for firefighters:

Static flexibility: Stretching the muscles slowly and holding for 20-30 seconds or more
Dynamic flexibility: Repeating quick and controlled stretching movements without bouncing or jerking

TRAINING

Stretching helps maintain a wider range of motion and reduces the risk of repetitive trauma injury. Too little or too much stretching can increase the risk of injury. Stretching may be done every day, but only when the muscles are warmed up. It should never be painful. However, you should stretch to the point of mild discomfort.

Remember that warm-up includes dynamic stretches during movement, while cooldown stretches should be static and held 20 to 30 seconds or more, using good breathing techniques. Make sure to stretch every major muscle group, especially those that were just used.

FITT

Frequency	1-3 sets, 3-7 times per week
Intensity	To the point of mild discomfort
Time	20-30 seconds or more for each stretch
Type	Stretches

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

FLEXIBILITY EXERCISES

SHOULDER STRETCH (Deltoids, Latissimus Dorsi)

+ Place one arm straight across the chest and the other above the elbow.
+ Pull back lightly until you feel a gentle stretch in the shoulders and upper back.
+ Switch arms.

CHEST STRETCH (Pectorals, Deltoids)

+ Clasp the hands behind the back, palms facing in.
+ Pull the hands up and press the shoulder blades together until you feel a stretch in the upper arms and chest.

TRICEPS STRETCH (Triceps)

+ Put one arm overhead with the forearm as close as possible to the upper arm.
+ Grasp the elbow overhead with the other hand, and pull it down.
+ Repeat for each side.

SIDE LUNGE (Abductors, Adductors)

+ Stand with the feet shoulder-width apart, bend one knee, keeping the other leg straight.
+ Lean slightly to the side until you feel a gentle stretch in the outer thigh.
+ Repeat on each side.

LOWER LEG STRETCH (Gastrocnemius)

+ Stand with the feet on the ground and toes forward, take a large step, and lean slightly forward until you feel a gentle stretch in the back of the leg and calf.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

MODIFIED HURDLER STRETCH (Hamstrings, Erectors)

+ Sit on the floor with one leg straight and the opposite foot tucked into the crotch.
+ Bend the hips forward until you feel a gentle stretch in the back of the leg.

TRUNK ROTATION (Obliques, Latissimus Dorsi, Erectors, Abductors)

+ Sit on the floor, with one leg straight and the other crossed over with the sole on the ground.
+ Rotate the trunk away until you feel a stretch in the side and back. Switch leg position and repeat.

GROIN STRETCH (Adductors)

+ Sitting on the floor, bring the feet together with soles touching.
+ Hold the ankles, and press knees down until you feel a stretch.

LOWER BACK RELEASE (Erectors, Hamstrings, Gluteals)

+ Lie flat on the back, legs flexed.
+ Raise the left leg, grasping it loosely behind the thigh with both hands.
+ Keeping the right leg straight, ease the left leg toward the chest until you feel a stretch along the back of the flexed thigh.
+ Repeat on the other side.

QUADRICEPS STRETCH (Quadriceps)

+ Lie face down and lift the right leg toward the buttocks.
+ Grasp the foot with the right hand.
+ Pull the foot toward the buttocks until you feel a stretch.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

NUTRITION

To achieve optimal health and performance, combine proper nutrition with exercise. Exercise improves and supports health by:

+ Preventing disease.
+ Increasing metabolism.
+ Preserving and increasing muscle mass, bone mass, and density.
+ Promoting weight loss by expending calories during and after the activity.

DIETARY GUIDELINES FOR AMERICANS (2025-2030)

1. CHOOSE WHOLE, NUTRIENT-DENSE FOODS

Plan meals around foods that provide protein, healthy fats, fiber, vitamins, and minerals while staying away from highly processed foods.

2. PRIORITIZE PROTEIN

Eat nutrient-dense proteins, including eggs, poultry, seafood, meat, beans, peas, lentils, nuts, seeds, and soy.

+ **General protein target:** 1.2 grams to 1.6 grams per kilogram of body weight per day, adjusted for individual calorie needs.

3. EAT VEGETABLES AND FRUITS THROUGHOUT THE DAY

Choose a variety of vegetables and fruits, especially in their whole form. Fresh, frozen, dried, and canned vegetables and fruits can also be good choices if they contain little or no added sugar.

NUTRITION

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

For a 2,000-calorie eating pattern:

+ **Vegetables:** 3 servings per day
+ **Fruit:** 2 servings per day

4. LIMIT ADDED SUGARS AND HIGHLY PROCESSED FOODS

The 2025-2030 Dietary Guidelines for Americans do not consider added sugars or sweeteners as part of a healthy diet.

+ A meal should contain no more than 10 grams of added sugars.
+ Avoid sugar-sweetened beverages such as soda, fruit drinks, and energy drinks.
+ Do your best to avoid processed foods high in added sugars, sodium, and refined carbohydrates.

5. INCLUDE HEALTHY FATS

Foods such as seafood, nuts, seeds, avocados, and eggs contain healthy fats. When adding fat during cooking, use oils that provide essential fatty acids, such as olive oil. In general, saturated fat should provide no more than 10% of your total daily calories.

6. PAY ATTENTION TO PORTION SIZE

Portion size is the amount of a food or beverage consumed in one sitting. Pay particular attention to portion size when choosing highly processed foods, dining out, snacking, or drinking sugary beverages.

7. LIMIT ALCOHOLIC BEVERAGES

Drinking less alcohol is better for overall health. Some people should avoid alcohol completely, including those who are pregnant, those recovering from alcohol use disorder, and those taking medications or living with health conditions that interact negatively with alcohol.



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

FLUID REPLACEMENT

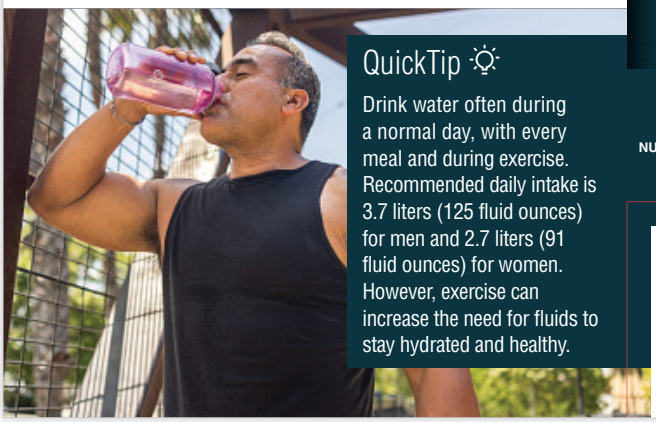
Your body can lose up to 1-2 quarts of fluid through sweat during an hour of exercise. Lack of fluids reduces your body's ability to perspire, which leads to increased body temperature and possible heat illness.

Water and Fluid Replacement

+ Water makes up approximately 60% of your body weight.
+ Water is the main component of blood, helps remove waste from your body, regulates body temperature, and acts as a lubricant and shock absorber.

Dehydration

+ Increased temperatures and humidity make it harder for your body to rid itself of heat.
+ Sweating is how your body maintains a proper body temperature.



QuickTip

Drink water often during a normal day, with every meal and during exercise. Recommended daily intake is 3.7 liters (125 fluid ounces) for men and 2.7 liters (91 fluid ounces) for women. However, exercise can increase the need for fluids to stay hydrated and healthy.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

INJURY PREVENTION

Physical training can be demanding on the body. It is essential to know common training injuries and what to do to prevent or lessen their seriousness.



Injuries may result from the following:

- Repetitive exercises
- Continuing to use sore and inflamed muscles
- Load-bearing activities
- Using bad form or technique
- Changing form or technique due to pain or discomfort
- Mismatching partners in size, strength, and ability
- Practicing drills and exercises at full speed before mastering proper technique
- Using worn or inappropriate equipment
- Having increased risk due to age, level of activity, or previous injuries
- Failing to properly warm up or cool down

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

TYPES OF INJURIES

Understanding the difference between acute and chronic injuries is essential for maintaining readiness, reducing downtime, and preventing long-term disability.

Acute Injuries

Acute injuries occur suddenly. Examples of acute injuries include sprains, strains, contusions (bruises), dislocations, and fractures.

Chronic Injuries

Chronic injuries are progressive in nature and can last a long time, such as overuse injuries. Chronic injuries can begin as acute injuries. Examples of chronic injuries include tendonitis, bursitis, and stress fractures.

COMMON INJURIES

Many chronic injuries stem from repetitive overuse. Pain or discomfort may develop slowly over days or weeks, often leading to altered technique. Without early treatment, these injuries can become severe and debilitating.



ACTUAL SIZE (3.75 x 5.5 in)

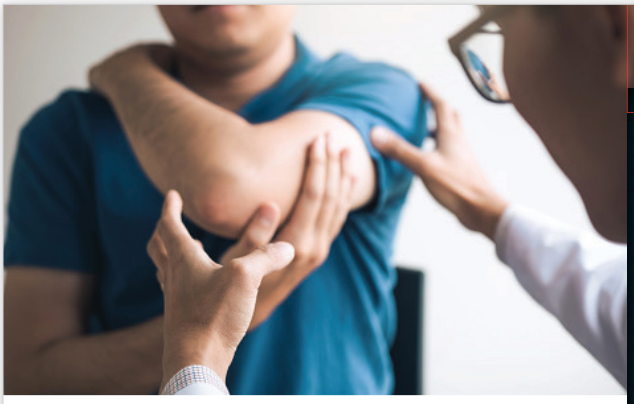
NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026



SPRAINS

Sprains are injuries to ligaments, which are strong, fibrous tissues that attach bone to bone and support joints.

Causes

+ The usual mechanism of injury is a compression (a pushing injury lengthwise along the spine) with rotational force to a joint, such as the ankle, knee, elbow, wrist, or shoulder.

Symptoms

Symptoms vary depending on the extent of the injury, but often include:

+ Pain, immediate swelling, inability to use the affected part, or an audible “pop” or “snap” at the time of the injury.
+ Discoloration (bruising) and swelling.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

STRAINS

Strains are injuries to muscles or tendons. Tendons attach muscles to bone.

Causes

+ A sudden violent stretch or muscle contraction against a heavy resistance that results in overstretching or tearing

Symptoms

Symptoms vary depending on the extent of the injury, but often include:

+ Intense pain, often with a ripping or tearing sensation at the time of the injury.
+ Weakness in the muscle.

Discoloration over a period of time may indicate a serious strain.

CONTUSIONS

Contusions are usually soft tissue injuries.

Causes

+ They are usually a result of a direct blow to a muscle, which damages the underlying blood vessels.

Symptoms

+ Pain and discoloration are commonly present.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

DISLOCATIONS AND FRACTURES

A dislocation is the displacement of a bone away from its normal position at a joint. Dislocations most often involve a finger, shoulder, or kneecap, but can occur at any joint.

Causes

+ External forces cause the joint to go beyond its normal limits.

Symptoms

+ Immediate pain, deformity, or depression.
+ Inability to move the affected area.

Open fracture: The extreme force that caused the fracture may have broken the skin open or the fractured bone ends may have torn the skin to create an open fracture. Open fractures increase the risk of infection.

Closed fracture: A closed fracture occurs when the skin remains intact.

HEAD INJURIES

Head injuries can occur from a blow or jolt to the head or body. Even without visible injury, a concussion or other serious brain injury may occur.

Symptoms

+ Headache, dizziness, or balance problems
+ Confusion, memory problems, or unusual behavior
+ Nausea or vomiting
+ Loss of consciousness or increasing drowsiness

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

SHIN SPLINTS

Shin splints describe conditions that cause pain or discomfort to the front lower leg between the knee and the ankle.

Symptoms

- A dull ache in the lower leg
- Decreased performance due to pain
- Soft-tissue pain along the front lower leg
- Mild swelling along the front lower leg with accompanying increase in surface temperature at the site
- Pain when moving the foot up and down



Treatment

- Rest or modify weight-bearing activities as directed by your health care provider.
- Choose low-impact alternatives approved by medical staff.
- Apply moist heat to the area 10-15 minutes before activity and stretch lower legs/ankles as part of your warm-up.
- Begin a strengthening program under guidance from medical personnel.
- Ice the area after activity or when painful for 10-15 minutes, 3-5 times daily.

ACTUAL SIZE (3.75 x 5.5 in)

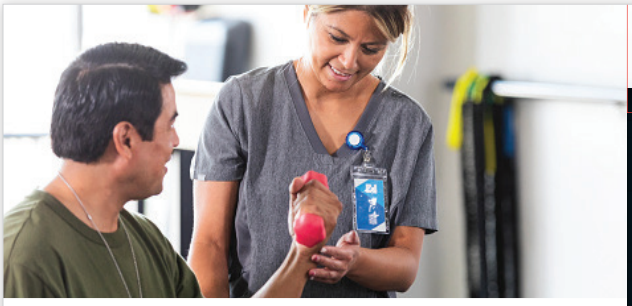
NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026



TENNIS ELBOW (EPICONDYLITIS)

Tennis elbow is an inflammation of the tendon at the outer border of the elbow, resulting from overuse of the lower arm muscles. The most common cause is from a repetitive gripping action.

Symptoms

+ A dull ache in the elbow after workouts
+ Soft-tissue point-tenderness along the joint of the elbow
+ Mild swelling and warmth at the same area
+ Pain on extension of the middle finger against resistance with the elbow extended
+ Loss of grip strength, pain upon gripping, and pain when flexing the wrist

Treatment

+ Rest or modify the activity per medical guidance.
+ Adjust grip size on equipment.
+ Apply moist heat 10-15 minutes before activity.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

PLANTAR FASCIITIS

Plantar fasciitis is the inflammation of the connective tissue that spans the bottom of the foot. Pain is typically felt in the heel and/or arch of the foot.

Causes

+ Mostly caused by activities that place extreme pressure on the arch, such as long-distance running and extended periods of standing during training or operations.

Symptoms

+ Pain when standing after getting up in the morning or after sitting for a long period of time. Pain usually subsides after a few steps.
+ Pain with extension of the toes (point to the sky) and depression of the arch.
+ Symptoms can persist for 8-12 weeks.

Treatment

+ Massaging by rolling a tennis ball, frozen water bottle, or a round massager under the foot.
+ Stretch the plantar fascia and calf by pulling the toes upward three times a day.
+ The use of a cold whirlpool can decrease inflammation.
+ Ice for 15-20 minutes several times a day.
+ Soft orthotics or a soft heel cup can be useful for padding and compression.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

STRESS FRACTURES

A stress fracture is a small bone break caused by repeated or prolonged force, occurring when the bone can't repair itself quickly enough.

Causes

+ Overuse or abrupt change in training
+ A change in activity surface or in running gait

Symptoms

+ Pain starts gradually in a general area, most often the lower leg but also the foot, knee, upper leg, or pelvis.
+ The pain site will usually become more localized and can be very painful to touch.

Diagnosis

+ An X-ray, bone scan, or magnetic resonance imaging (MRI) is usually recommended, but cracks may not appear on X-rays until 3-6 weeks after pain begins.

Treatment

+ Stop weight-bearing activity until the fracture has healed and the bone is no longer tender (typically 8-12 weeks).
+ Begin a gradual return to duty with non-weight-bearing activities approved by medical staff.
+ Have a health care provider determine the cause and recommend corrective actions (e.g., shoe/boot orthotics, strengthening exercises).



ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

IMPINGEMENT SYNDROME

Impingement syndrome is a condition involving the soft tissues of the shoulder. It often starts as an overuse injury in which the tendons become inflamed and swollen. Without treatment, it can progress to degenerative changes of the soft tissues, tendons, and bones.

Causes

+ Overuse activities with repetitive arm movements, such as lifting heavy gear or overhead work during training and operations

Symptoms

+ A dull ache in the shoulder after activity and often at night
+ Increased shoulder pain with movements above the shoulder level
+ Pain and point-tenderness at the edge of the shoulder

Treatment

+ Rest or modify the activity to ensure correct technique.
+ Apply moist heat to the area for 10-15 minutes.
+ Warm up with slow stretching prior to activity.
+ Ice the affected area for 15-20 minutes after activity.
+ Begin shoulder-strengthening exercises within pain tolerance under guidance from medical staff.
+ If you lose range of motion, report promptly to your health care provider.

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

INJURY PREVENTION CHECKLIST

- [ ] Warm up before every workout or physical training session.
- [ ] Stretch all major muscle groups after warming up – wrists, elbows, shoulders, neck, legs, and core.
- [ ] Inspect gear and equipment; replace anything worn or unsafe.
- [ ] Rest sore or inflamed muscles – don't push through pain.
- [ ] Use proper form and technique in every activity.
- [ ] Add new activities and increase intensity gradually.
- [ ] Build endurance with regular aerobic and strength training.
- [ ] Wear the right footwear for your foot type and activity.
- [ ] Adjust training for heat, humidity, and cold.
- [ ] Stay hydrated and eat well 24 hours before strenuous activity or field training. Avoid energy drinks and stimulants.
- [ ] Avoid heavy, sweat-trapping clothing.
- [ ] Layer clothing appropriately.
- [ ] Ensure gear releases heat; follow uniform guidelines.

CHECKLIST

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026



RESOURCES

National Wildfire Coordinating Group (NWCG)
www.nwcg.gov

NWCG Wildland Fire Qualification System Guide (PMS 310-1)
www.nwcg.gov/publications/pms310-1

National Interagency Fire Center (NIFC)
www.nifc.gov

U.S. Forest Service (USFS) Fire & Aviation Management
www.fs.usda.gov/managing-land/fire

FEDERAL AGENCIES WITH WILDLAND FIRE PROGRAMS

Bureau of Land Management (BLM)
www.blm.gov/programs/fire

National Park Service (NPS)
www.nps.gov/subjects/fire

U.S. Fish & Wildlife Service
www.fws.gov/program/fire-management

Bureau of Indian Affairs
www.bia.gov/service/wildfire-response

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026

Back Cover

FIT TO FIGHT

FITNESS AND READINESS FOR WILDLAND FIREFIGHTERS

Wildland firefighting is a physically demanding job that involves teamwork, technical knowledge, and the ability to adapt to evolving environments. This guide provides practical guidance to help wildland firefighters meet the physical demands of the job, prepare for required fitness standards, and reduce the risk of injury.

- Medical exam process and work capacity test (WCT) guidelines
- Training exercises to build strength and endurance
- Nutrition and hydration guidance
- Injury prevention information



Photos used for illustrative purposes only; the people shown are not linked to the topic. Photos by dvidshub.net

© 2026 QuickSeries Publishing
1-800-361-4653 | www.quickseries.com

01-1746-100-01 | 1746-000
ISBN 000-0-00000-000-0 | Printed in Canada

ACTUAL SIZE (3.75 x 5.5 in)

NOT FOR DISTRIBUTION – FOR REVIEW PURPOSES ONLY

You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

COPYRIGHTED MATERIAL

NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

CPLO# 0000 August 25, 2026