June 15, 2014 marks the start of International Fire/EMS Safety and Health Week. East Whiteland Township’s career and volunteer fire and EMS personnel are proud participators in this initiative sponsored by the International Association of Fire Chiefs (IAFC) and the National Volunteer Fire Council (NVFC).

This year’s theme is “Train Like You Fight”. From June 15-21, 2014, fire service agencies across the country are encouraged to focus their non-emergency efforts on safety and health education in order to reduce the number of preventable injuries and deaths in the fire service.

At East Whiteland Township, our fire and EMS personnel take health and fitness very seriously. Many of our personnel engage in required physical fitness training at least one hour per shift, and we regularly apply our fitness training to real-world fire and EMS tasks during training sessions. Our goal is two-fold: Be prepared to safely and effectively carry out the tasks required of us when we are called; and, Make sure everyone goes home to their families.

In support of this important initiative, East Whiteland fire and EMS personnel designed a fitness challenge circuit that combines or mimics typical firefighting tasks performed at emergency scenes with an added emphasis on physical fitness. The circuit can be completed in street or gym clothing, bunker pants, bunker pants and bunker coat, all the way up to full turnout gear and self contained breathing apparatus (on-air or without a mask) depending on the individual’s personal level of fitness. Following is a description of the fitness challenge circuit. It is easily set up and can be adjusted according to individual or department needs.

For more information about International Fire/EMS Safety and Health Week, visit the Safety and Health week Web Site at: http://safetyandhealthweek.org/
“TRAIN LIKE YOU FIGHT”

Station #1) Hydrate
   Don TOG (no SCBA)

Station #2) Drag 100ft of Hose
   Hose will be stretched out next to the building w/ the coupling running from the front of the shed to the dumpster. Participant will drag hose up the hill from the dumpster into the back parking lot, stopping when the end coupling reaches the start point. Participant will then drop the hose, walk back to the start point, and while remaining within the chalk boxes, pull the hose hand over hand between the legs into a pile.

Fireground Application: Hose advancement
Station #3) Ladder Carry
Lift and carry a roof ladder from the hose end point to the base of the hall ramp and place on ground.

Fireground Application: Ground ladder use

Station #4) Tire Strike
Strike mid-tread of tire with a sledgehammer 15 times while standing on top of the tire and swinging down between feet.

Fireground Application: Forcible entry; ventilation
**Station #5) Plank**

Hold a plank in the participant’s position of choice for 20 seconds.

Fireground Application: general fireground functions requiring stable core muscle strength

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**Station #6) Kettlebell Carry**

Lift 2 kettlebells of unequal weight (20kg + 24kg/47 lb. + 53 lb.) in a position of choice (farmers and/or rack) and carry up the steps, through the vestibule to the corner of the ramp, and set the bells down.

Fireground Application: Equipment carries (unbalanced weight)
Station #7) Rope Lift
Pull rope with a 20kg (47 lb.) kettlebell attached hand over hand up to ramp level, place on the ramp, and then return to the ground hand over hand.

Fireground Application: Equipment hoisting; upper body strength

Station #8) Kettlebell Carry
Lift kettlebells with the opposite hands and return to base of ramp.

Fireground Application: Equipment carries (unbalanced weight)
Station #9) Ladder Carry/Raise
Lift ladder and carry back around behind dumpster, raise into position within the boxes provided, lower, and return to original position.

Fireground Application: Ground ladder carries and raises

Station #10) Step-Ups
Step ups on the rear of the Engine. 10 complete steps with each leg for 20 total.

Fireground Application: Movement up/down stairs

Station #11) (Optional)
Drag hose back to starting position.

Station #12) Rehab
Doff gear, rest, hydrate.