



Work
capacity test:

The Pack Test

Pack Test

Fit workers can do more work with less fatigue, and still have a reserve to meet unforeseen emergencies. They perform better in a hot environment, and recover faster from adverse firefighting conditions like long shifts and reduced rest. In short, fitness is the most important factor in work capacity.

The Pack Test is an internationally used work capacity test for wildland firefighters. With this physical fitness assessment we can test the capacity of muscular strength and aerobic endurance of the firefighter.

Pack Test

Mark a 4.8km route

Fill backpacks with 20kg for participants (sand, hoses,...)

No jogging or running is permitted

Firefighters test passing score is 45 minutes

| | |
|-------------|--------|
| < 45 min | GREEN |
| 45 – 52 min | YELLOW |
| > 52 min | RED |

Pack Test (for Managers)

Mark a 3.0km route

Fill backpacks with 10kg for participants (sand, hoses,...)

No jogging or running is permitted

Managers test passing score is 30 minutes

| | |
|-------------|--------|
| < 30 min | GREEN |
| 30 – 35 min | YELLOW |
| > 35 min | RED |