**Physical Assessment**

**28’ Fiberglass Extension ladder:**

* Trainee must be wearing proper CPE for ladder work.
* Trainee ability to complete the following.
* Remove ladder from vehicle without straining, losing balance or dropping.
* Lift ladder using legs not their back.
* Can carry using shoulder, beltloop and vertical methods.
* Can set ladder up on strand and directly on pole use 4-1 set up.
* Can climb with no physical impairment, using 3 points of contact.
* Can Tie off properly on strand using 1-2-1 method.
* Can untie and descend ladder using 3 points of contact.
* Can place ladder back on vehicle properly on right hand side with no more than
* Two rungs off the back, strap down properly

**Bending / Stooping/ Crawling**

* Trainee can demonstrate bending without strain or impairment.
* Can stoop down into a catcher style position without strain or impairment.
* Can crawl under a folding table without strain or impairment.

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Authorized by Date

* Trainee understands that per company policy cell phone usage is not allowed while driving
* Can discuss what Distracted Driving is and what we can do to avoid this.
* Can discuss the three types of distracted driving.

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