



Michigan DNR Firefighter Fitness Test requirements

Wildland firefighting is recognized as a mentally and physically demanding job. The safety of firefighters and the public, and the ability of firefighters to effectively function, requires a high degree of physical fitness and firefighting skills. A firefighter fitness test is required annually for all Michigan Department of Natural Resources wildland firefighters. The floor exercise portion must be completed by all. Firefighters will have the option to complete the Work Capacity Test (option 1) or the Treadmill Test (option 2).

Floor Exercises (required for all)

Push-up: Begin in plank position with straight knees and back. Start in the down position, extend arms and return to down position, upper arms parallel to the floor. This is one repetition. Repeat 10 times in 60 seconds.

Sit-up: Begin with knees bent, back flat to the floor and feet held down. Start in the down position, hold arms crossed over the chest; sit up and touch both elbows on knees, then return down flat. This is one repetition. Complete 11 repetitions in 30 seconds.

Lateral Pull Down: Grasp bar and pull down to chin level, then return to the starting point. This is one repetition. Complete 20 repetitions with a 40-pound weight.

Option 1 – Work Capacity Test

For the Work Capacity Test, the Moderate level must be completed to fight fires with the Michigan DNR. The Arduous level is optional for in-state assignments but is required to qualify for out of state assignments.

The Moderate level is defined as a two-mile walk, keeping one foot in contact with the ground at all times, completed in 30 minutes or less while carrying 25 pounds (weighted vest or pack). The Arduous level, also called the Pack Test, requires completion of 3 miles in 45 minutes while carrying 45 pounds.

If choosing the Arduous level and a person does not have a passing time/distance at the Moderate time mark of 30 minutes and fails the Arduous test (doesn't meet the time/distance requirement), then it's a failed test. All subsequent tests for the cycle will be at the Moderate level only.

Note: Weighted vests required for the Work Capacity Test will be provided and weighed before the test. An employee may use their own vest or backpack, so long as it meets the required weight when checked at the testing site.



Option 2 - Treadmill Test

For the Treadmill Test, stages 1-3 must be completed to fight fires with the Michigan DNR. The fourth stage, at a higher speed and incline, is optional for in-state assignments but required for out of state assignments.

The participant may not grab and hold the treadmill's front bar or side rails. The side rails may only be used to restore balance. If the participant grabs and holds the front bar or side rail, the test will be terminated.

The first 3 required stages will start with the treadmill set at 2 mph and at the proper incline. When the participant steps on the belt, the time will start and the treadmill will quickly be sped up to 3.5 mph. Each stage lasts for 3 minutes; at the end of the three minutes, the speed will be slowed to 2 mph before allowing the participant to step off, followed by a 1-minute rest and pulse check before moving to the next stage.

Stage One: Start with the treadmill set at 2 mph and 6% incline, increasing to 3.5 mph. The 3-minute test is followed by one-minute rest period that begins when the participant steps off the belt, during which time their pulse will be checked.

Stage Two (National "Light"): Start with the treadmill set at 2 mph and 12.3% incline, increasing to 3.5 mph. 3-minute test followed by one-minute rest period that begins when the participant steps off the belt, during which time their pulse will be checked.

Stage Three (Michigan in-state passing stage): Start with the treadmill set at 2 mph and 17.5% incline, increasing to 3.5 mph. 3-minute test followed by one-minute rest period that begins when the participant steps off the belt, during which time their pulse will be checked. If the participant is *not* taking stage 4, this concludes the required level of testing.

Stage Four (National "Arduous"): Start with the treadmill set at 2 mph and 19.8% incline, increasing to 4 mph. After the 1-minute test at a 4-mph speed, pulse will be checked once participant steps off the belt, concluding the test.

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