

WORK CONDITIONS IN NATIONAL FORESTS

May Include:

Time/Work Volume	Physical Requirements	Environment	Physical Exposures
<ul style="list-style-type: none"> • Long hours • Irregular hours • Time zone changes • Ability to meet “arduous” level performance testing (the “Pack Test”), which includes carrying a 45-pound pack of 3 miles in 45 minutes, approximating an oxygen consumption (VOD max) of 45 mL/kg minute 	<ul style="list-style-type: none"> • Use shovel, Pulaski, and other hand tools to construct fire lines. • Lift and carry more than 50 lbs • Lifting or loading boxes and equipment • Drive or ride for many hours. • Work independently, and on small or large teams. • Use PPE (includes hard hat, boots, eyewear, and other equipment • Arduous exertion • Extensive walking, climbing, kneeling, stooping, pulling hoses, running, jumping, twisting, bending. • Rapid pull-out to safety zones • Use of a fire shelter 	<ul style="list-style-type: none"> • Very steep terrain • Rocky, loose, or muddy ground surfaces • Thick vegetation • Down/standing trees • Wet leaves/grasses • Varies climates (cold, hot, wet, dry, humid, snow, rain) • Varied light conditions, including dim light or darkness. • High altitudes • Heights • Holes and drop-offs • Rough roads • Open bodies of water • Isolated/remote sites. • Limited access to medical help 	<ul style="list-style-type: none"> • Light (bright sunshine, UV exposure) • Burning materials • Extreme heat • Airborne particulates • Fumes, gases • Falling rocks and trees • Allergens • Loud noises • Snakes • Insects/ticks/spiders • Poisonous plants • Trucks and other larger equipment • Close quarters, large numbers of other workers

This document was developed by AmeriCorps NCCC, based on a US Forest Service resource, to inform NCCC Forest Corps candidates of the physicality, rigorous nature, and possible environmental conditions associated with NCCC Forest Corps service.