

Barrow County Emergency Services
222 Pleasant Hill Church Road NE.
Tel 770-307-2987 Fax 770-307-3781
John W. Skinner, Chief
www.barrowga.org



W.P.T. Safety Rules (New Hire)

1. If you are unsure of your current physical ability and/or limitations, you should consult your physician before starting any kind of fitness or exercise program. The base line assessment that was conducted prior to completion of WPT is just that, a baseline assessment. If there is any activity that you feel you cannot/should not perform, speak with the coordinator/instructor.
2. Advise any staff member of defective, broken, or worn part that needs repair or replacement immediately. This also includes such items as gloves/ helmet etc.
3. Normal workout attire is permitted for WPT, however proper P.P.E. should be utilized when necessary.
 - a. Tennis shoes
 - b. Gym shorts/sweatpants
 - c. T-shirt (long or short sleeve)
 - d. Candidate may bring own gloves, however; fire gloves will be issued if he/she desires.
4. Candidates will be staged at a safe location where a baseline assessment (vital signs including heart rate, pulse oximetry, and blood pressure) will be conducted and recorded before and after WPT.
5. If you have any questions or concerns reference a particular activity, consult the coordinator/instructor.