

Annex E – Heart Rate and Rate of Perceive Exertion Monitoring

TASK	HEART RATE	RPE
1. One Arm Hose Carry		
2. 3.6 m (12 ft) Ladder Raise		
3. Charged Hose Advance		
4. First Ladder Climb		
5. Weighted Sled Pull		
6. Forcible Entry (ALCO)		
7. Victim Rescue		
8. Second Ladder Climb		
9. 3.6 m (12 ft) Ladder Lower and Carry		
10. Equipment Carry		