

## Casualty Evacuation Test

To complete the test successfully you will need to combine upper and lower body strength and co-ordination you will be given a time limit in which to complete the test in.

Firmly grasp the carrying handle at the back of the dummy's head with both hands.

Drag the dummy from the start cone, walking backwards along the 30 m route to the finish line.

The assessor will tell you when to turn.

## Fitness section

An excellent exercise, which will work the whole of your body, is actually a simple press up.

Okay first of all arms shoulder width apart and back nice and straight, simple press up is taking it down and then pressing up.

If you don't have the strength at the beginning to do the full exercise, its quite easy we can bend our legs onto our knees, coming forward and then pushing up.

An excellent exercise which give you that all over strength for dragging the dummy.