

## **PERSONAL FITNESS**

**8619**

(1987)

A lookout, although not physically involved in firefighting, does experience the stresses related to working alone, being constantly alert, and being confined to a small facility in a remote area for long periods of time.

To help cope with these stresses and to be able to climb stairs up to 100 feet above the ground, a lookout must maintain a basic level of fitness.

In addition, as a member of CDF's fire protection team, the lookout must conform to various CDF standards. These include standards of dress and grooming. A neat and clean personal appearance adds to the professionalism of the individual as well as the organization. Specific grooming and dress requirements will be addressed in the Facility Operating Plan, Chapter 8620.

Another important characteristic of the lookout is dependability. Lookouts work for long periods with no direct supervision. They must report to work on time, in the proper physical and mental condition to correctly perform the job. They must work conscientiously to do a good job and improve their skills. If they are unable to report to work for any reason, they must advise their supervisor as soon as possible so that relief may be arranged.

The possession of firearms, regulated chemical agents, any deadly weapon, intoxicating beverages, or dangerous and restricted drugs is prohibited on state property.

The use of intoxicating beverages or dangerous and restricted drugs on state property, or appearing at work under their influence will be considered grounds for termination.

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