

Gerkin Protocol Test



The Gerkin Protocol tests your cardiopulmonary health. This is a test demanded by the International Association of Fire Fighters and currently utilized by many fire departments.

Recently the International Association of Fire Fighters launched a new program called WFI (or Wellness Fitness Initiative). As part of this program it is required firefighters pass 5 fitness tests to become a firefighter or to continue practicing the profession. The tests are: Body Composition, Aerobic Capacity, Muscular Strength, Muscular Endurance, and Flexibility. After this new program was launched, the aerobic test was named WFI Treadmill or WFI Stair Mill although it is often still referred to as the Gerkin Protocol test.

The Gerkin Protocol test is used to predict the peak of VO_2 . VO_2 is the maximum amount of oxygen (in millimeters) your body can use in 1 minute per kg of body weight.

Why is this test important for firefighters?

Firefighters must work in environments that contain toxic chemicals, which in time increase the risks of heart diseases. Moreover firefighters wear heavy clothing during assignments and are obliged to breathe through special apparatus while fulfilling extremely demanding physical efforts. That is why cardiopulmonary tests are crucial for the activity of a firefighter, this way preventing tragic incidents that can occur.