

FIREFIGHTER STRESS TEST STANDARDS

MEN	
Age (years)	Maximal Oxygen Consumption
18 – 29	42.5
30 – 39	41.0
40 – 49	38.1
50 – 59	35.2
60+	31.8

WOMEN	
Age (years)	Maximal Oxygen Consumption
18 – 29	35.2
30 – 39	33.8
40 – 49	30.9
50 – 59	28.2
60+	25.8