

Abstract

Title: Physical, psychological and technical preparation of the rescuer.

Objectives: The aim of the thesis is to describe the physical, psychological and technical preparation of the rescuer, including the presentation of training examples for the in development.

Methods: The method was used to analyze professional literature, the internal regulations of the HZS CR, together with the laws and decrees of the Czech Republic, which deal with the chosen topic of the thesis.

Results: The result of this work is a description of individual disciplines of the admission procedure supplemented with examples of exercises suitable for the development of physical fitness, examples for mitigation of psychic stress and description of the individual technical knowledge needed for service at the HZS CR.

Keywords: integrated rescue system, fire fighters, qualification, training