

**SANDY FIRE DISTRICT # 72**  
**PHYSICAL ABILITY TEST**

Firefighting involves extremely strenuous and skilled physical work, as well as handling emergency and life threatening situations. Demanding physical standards are necessary because of the high level of physical fitness required by the profession. Agility and endurance are necessary to perform these duties. This test is designed to determine an applicant's physical strength, agility and capability to perform job related tasks.

The test consists of seven exercises. These simulate actual tasks that are performed on the job. Applicants must complete the tasks as described and shall proceed directly from one task to the next. No rest periods will be allowed during the test. Six minutes is allowed for completion of the entire test. Evaluators will monitor each exercise to insure conformance to the standards. The applicant must pass each individual component of the test to proceed on to the next exercise.

Although a time limit is set for the test, no advantage is gained by completing the exercise in less than the time allotted. The time was set to allow completion of the exercise at a safe pace. Please pace yourself and do not try to run or race through the exercises. A applicant may be disqualified if he/she fails to follow instructions or does not perform the tasks in a safe manner

**PHYSICAL CHARACTERISTICS:**

**Cardiovascular Capability/Aerobic Capacity:**

The test will measure an above average degree of aerobic capacity and will connect various firefighting simulations in a circuit and may generate pulse rates in excess of 150 beats per minute.

**Strength and Endurance:**

The test has been designed to reflect an above average degree of strength and endurance. Many of the activities encountered by a fire fighter require pulling, lifting and climbing, often times with equipment weighing as much as 100 pounds.

**PREPARING FOR THE TEST:**

On the day of the physical ability test applicants are advised to restrict caffeine intake prior to their test. In addition, we recommend that you do not eat within approximately two hours of the test. Do not engage in strenuous exercise, strenuous work or other physically taxing activities the day of the test. It is recommended that applicants warm up and stretch before taking their physical ability test.

Applicants are encouraged to dress appropriately. Loose fitting clothing and athletic shoes may prove to be helpful. Applicants will not have an opportunity to change clothes or shoes during the testing process.

**REQUIREMENTS FOR THE TEST:**

Applicants shall wear turnout coat, helmet and SCBA pack with air bottle attached. Six minutes are allowed for completion of the entire test.

**TEST STATIONS...**

#1 SHOULDER LOAD CARRY:

The applicant shall pick up a hose bundle from table top height and place it upon their shoulder. Bundle shall consist of 100 feet of 2½' hose with attached 2½" fog nozzle (or equal amount of weight). This bundle shall weigh 76-77 pounds. Hose bundle shall be carried on applicant's shoulder. The applicant shall carry it a distance of 50 feet to the bottom of the stairs, and shall climb 26 steps, turn around at that level, and then return to ground level floor and return 50' to point of beginning. The applicant shall lay bundle on table when finished. Dragging the bundle or skipping any stair treads are grounds for failure. Should the bundle slide off the shoulder the applicant shall immediately re-shoulder the bundle. Time begins when applicant crosses a designated line. THE APPLICANT IMMEDIATELY MOVES TO THE NEXT TASK AREA.

Purpose: To evaluate the applicant's endurance and back and leg strength.

Related Job Tasks: Carrying loads up and down stairs is a common task on the fireground.

#2 LADDER WALK:

The applicant is required to walk on the rungs of a 14' roof ladder. The ladder is flat and supported 4" off the ground by blocks. The applicant shall carry a chain saw (weighing 20 pounds) in one hand without losing balance nor falling off of the ladder. A foot must touch each rung of the ladder. This exercise consists of walking across a ladder to the last rung, step off the ladder, turn around, step back onto the ladder rung and return run-by-rung to the starting rung. Dropping the saw or slipping off the ladder is a disqualification. THE APPLICANT IMMEDIATELY MOVES TO THE NEXT TASK AREA.

Purpose: To test the applicant's balance during a period of exertion.

Related Job Tasks: When cutting ventilation holes in the roof, fire fighters may place a ladder against the roof and walk the rungs carrying various types of equipment.

#3 TIRE DRAG

The applicant places a 2½” playpipe nozzle over their shoulder, grabs the nozzle with both hands, and drags the attached 12’ of 2½” hose and tire (weighing 170 lbs.) a total distance of 75’. Area shall be wet for hosedrag. THE APPLICANT IMMEDIATELY MOVES TO THE NEXT TASK AREA.

Purpose: To test the applicant’s stamina and upper and lower body strength.

Related Job Tasks: Extending 150’ of uncharged 2½’ fire hose is customarily a one-person evolution. Firefighters often have to drag hoses long distances.

#4 HOSE LIFT:

The applicant shall pull a dry section of 3” inch hose with attached playpipe nozzle (total weight 55 lbs.) from ground level to height of 15’ and back to the ground two times. The hose bundle and nozzle shall be raised and lowered by means of a rope passed through a pulley. A hand-over-hand method shall be used to raise and lower the hose bundle and nozzle. The rope may not slip or slide through the hands. Allowing the rope to slip or slide or dropping the hose bundle will disqualify the applicant. THE APPLICANT IMMEDIATELY MOVES TO THE NEXT TASK AREA.

Purpose: To evaluate the applicant’s hand, arm and shoulder strength and endurance.

Related Job Tasks: Hoisting tools, smoke ejectors, and hose bundles are required at fire incidents. Similar strength and endurance is also needed to perform rescue practices in steep angle and water rescue operations.

#5 SMOKE EJECTOR LIFT:

An electric smoke ejector (weighing 46 lbs) will be placed on the ground with its two hooks ready for use. Directly above the ejector is a simulated hanging beam, with the top of the beam 72” inches from the ground. The applicant shall lift the smoke ejector by grabbing its two hooks and then hook them onto the beam. The applicant shall remove the smoke ejector from the beam by grabbing each of its hooks and lowering it to the ground. The applicant may not drop the smoke ejector nor raise and lower it in any manner other than using both hooks. THE APPLICANT IMMEDIATELY MOVES TO THE NEXT TASK AREA.

Purpose: To test the applicant’s upper and lower body strength and coordination.

Related Job Tasks: Hanging smoke ejectors and lifting and lowering other firefighting equipment.

#6 LADDER CLIMB:

A 24' ladder will be placed in a climbing position. The applicant will climb a total of two round trips. The fifth rung below its tip will be marked. On each climb, both of the applicant's feet must touch this rung before climbing back down to the ground. The applicant must climb the ladder without skipping any rungs, without stopping and by using only the rungs when climbing or descending the ladder. **THE APPLICANT IMMEDIATELY MOVES TO NEXT TASK AREA.**

Purpose: To evaluate applicant's physical coordination, reaction to heights, leg strength and endurance.

Job Related Tasks: Fire fighters must be able to climb ladders and to work at heights effectively.

#7 SHOULDER LOAD CARRY:

The applicant shall pick up a hose bundle from table top height and place it upon their shoulder. Bundle shall consist of 100' of 2½" hose with attached 2½" fog nozzle (or equal amount of weight). This bundle shall weigh 76-77 lbs. Hose bundle shall be carried on applicant's shoulder. Applicant shall carry it a distance of 50' to the bottom of the stairs, then shall climb up 25 steps, turn around at that level, and then return to ground level floor and return 50' to point of beginning. The applicant shall lay bundle on table when completed. Dropping the bundle, allowing it to slide off the shoulder, dragging the bundle or skipping any stair treads are grounds for failure. Should the bundle slide off the shoulder the applicant shall immediately re-shoulder the bundle. Time stops when applicant lays the hose bundle on the table. AT COMPLETION OF THIS TASK THE TEST IS OVER.

Purpose: To evaluate the candidates endurance and back and leg strength.

Related Job Tasks: Carrying loads up and down stairs is a common task on the fire ground.