

Firefighter Candidate Physical Fitness Assessment

The Physical Fitness Assessment is a Pass / Fail evaluation

1) 10-Minute Step Test

This test assesses leg, back, and upper body strength, stamina, and depth perception.

Wearing a 40-pound weighted vest the candidate shall:

- Take three steps up the platform and continue down the other side
- Turn around at the bottom and repeat the process back and forth over the platform – one trip over the platform is one repetition
- The candidate will have 10 minutes to accomplish at least 150 repetitions
- Missing a step or not placing both feet on the ground will disqualify the repetition

There will be a 10-minute rest period between the Step Test and the Continuous Agility test.

2) Continuous Agility

All tasks must be accomplished in four minutes or less. The candidate will be wearing a 40 pound weighted vest. Each task must be completed fully or the testing process will end. The time starts when the candidate crosses the starting line at the first task.

Hose Carry

- Carry 50 feet of 3 inch hose up three floors to the roof of the training tower
- Place the section of hose down, without dropping, in the designated area
- Perform the Hose Hoist, see below,
- Pick up the section of hose and proceed back down the stairs to the ground level
- Place the section of hose, without dropping, in the designated area

This event measures the candidate's ability to bring equipment up to an operations area above ground level.

Hose Hoist

While on the roof of the training tower during the hose carry

- Hoist a 50 foot roll of 3 inch fire hose (approx. 40 pounds) up to the top of the training tower
- Raise the rope and hose using a hand-over-hand method
- Lift the hose roll over the railing and onto the roof of the training tower
- Pick the hose roll back up and lower over the railing to the ground level using the hand-over-hand method
- The Candidate will be disqualified if; 1) they use the railing as a fulcrum, 2) use the railing to drag the rope over during the ascent or descent of the hose, 3) the rope slips through the hands of the candidate or 4) the hose roll is dropped to the ground

This event will test the candidate's ability to hoist equipment to the roof of a structure during emergency operations

Forcible Entry

- Using the Keiser Force Machine (sled), the Candidate will use a 10-pound molded plastic sledgehammer to drive a 160-pound steel beam a horizontal distance of 4 feet
- Pushing or raking the beam is not allowed and will result in a disqualification

This event will demonstrate the ability to use a hand tool during forcible entry operations

Ladder Extension

- Proceed to the 24 foot extension ladder mounted on the training tower and grasp the halyard
- Pull on the halyard and raise the ladder to full extension
- Lower it back to the ground without losing control of the halyard and dropping the moving section

This event will test the candidate's ability to extend a standard fire service ladder to access upper floors of a structure

Hose Drag / Water Spray

- Pull a 200 foot section of charged (tip pressure of 75psi) 1 ¾ inch fire hose a total of 50 feet
- Open the nozzle fully without losing control of the hose or nozzle
- Knock over the selected target
- Close the nozzle and place the hose and nozzle, without dropping, on the ground

This event will test your ability to pull a fire hose into position and to handle the operational pressure of a fire service hand line.

Dummy/Victim Drag

- Drag a Fire Department dummy/victim that weights approximately 150 pounds 50 feet.

This event will test the Candidate's ability to rescue a victim from a hazardous environment.

There will be a 5-minute rest period between the Continuous Agility test and the next agility test.

3) Claustrophobia Test

- Wearing a 40-pound weighted vest and a structural firefighting bunker jacket with a blackened out SCBA mask
- Crawl through the training tower, using the tower wall until you reach the designated confined space area
- Lay there for 2 minutes
- If the Candidate stands up or removes the SCBA mask, they will be disqualified

This event is designated to assess the presence of debilitating claustrophobia

4) Ladder Climb

- The aerial ladder will be at 75 feet in length and set at a 70-degree climbing angle
- The Candidate, starting on the platform of the aerial, climb the ladder and touch the top rung
- Descend back down the ladder
- There is no time limit for this test but the climb must be made in one continuous motion

This test is designated to assess dexterity, weight distribution and the presence of debilitating acrophobia.