

PRE-EMPLOYMENT PHYSICAL ABILITY TEST

Firefighting can often be very physically demanding. This test has been designed to evaluate your physical fitness. By your successful completion of this test, we can better rate your physical qualifications to become a fire fighter. There is no special skill required to pass this test; however, you must possess the physical strength and endurance that we feel is minimal to become a fire fighter.

The fire district reserves the right to modify and/or make changes to the physical ability test at any time without notice.

Safety is of utmost importance to the fire service and the fire training academy operations. If at any time during the testing process it is determined the safety or health of an applicant may be compromised, the test will be stopped and necessary corrections or actions taken. This may include the need to reschedule or the disqualification of an applicant from continued the testing process.

During the agility test no grade will be given for appearance of clothing. It is recommended to wear comfortable clothing such a sweat pants, t-shirt and tennis shoes. The applicant will wear structural firefighting gear over his/her clothing. Applicants should not eat a heavy, filling meal prior to testing.

The applicant will be provided protective clothing consisting of a coat, helmet, gloves, and a self-contained breathing apparatus (SCBA), which will be worn throughout all parts of the ability testing.

The test consists of eight parts. Each part must be completed in the proper sequence. Failure to complete any portion will mean failure of the entire test.

CONFINED SPACE

The applicant will sit in a chair for one minute with a darkened SCBA mask and structure turnouts on to see how he/she handles the feeling of being in a small dark space.

SCBA CRAWL

The applicant will crawl along a 50' length of fire hose, maintain hand contact with the hose at all times. This will be done with a darkened mask on.

HOSE HOIST

The applicant will hoist a rolled 50' section of 2 ½" hose by a rope from ground to the roof, lifting the hose roll up hand over hand onto the top of the roof, and then reverse the process by lowering hose roll back to the ground.

2 ½" 100' BUNDLED HOSE CARRY

The applicant will shoulder-load and carry a pre-configured apartment hose pack. The applicant will grab the hose pack from the hose bed of the engine and carry it to the designated cone, walk around the cone and then back to the engine and set the hose pack on the bumper of the engine.

FIREFIGHTER/VICTIM RESCUE

The applicant will grasp a 150 pound mannequin by the provided hose strap, and drag it out of a room and down a hallway to designated exterior door.

24' EXTENSION LADDER CLIMB

The applicant will climb a properly deployed and secured 24' extension ladder. Dismount the ladder.

GAS – POWERED EQUIPMENT START

After one practice pull, the applicant will pull the starter rope of a power tool or equipment three consecutive times with adequate force to potentially start the equipment.

1 ¾" 100' CHARGED HOSE ADVANCE

The applicant will drag a charged 100' length of 1 ¾" hose which is attached to an engine, forward into a straight line, from a flaked layout position.