

## CHAPTER III

### PHYSICAL ABILITY TEST OVERVIEW

Each candidate must complete tasks 1, 2, 3 and 4 successfully, within the required guidelines, prior to attempting Tasks 5 through 10.

#### **TASK 1/STATION 1:**

**LADDER DRAW:** Candidate removes an 18' straight beam ladder weighing 52 pounds from brackets attached to a wall (same height as on an apparatus). The ladder is placed on the ground, and then returned to the starting position on the brackets. This simulates getting a ladder off an apparatus.

**REQUIREMENT:**      **TIME LIMIT:**    20 Seconds

Failure to complete this task or failure to complete this task within the required time limit constitutes a failing grade on the overall test battery.

#### **TASK 2/STATION 2:**

**LADDER RAISE:** Starting from the ground, one end of a 28-foot, 100-pound ladder is pressed overhead to arms length while the other end is anchored to the ground. In a hand-over-hand motion, the candidate walks toward the anchored end grasping every consecutive rung in an effort to raise the ladder. The task is completed when the ladder is held against the wall opposite the starting position. Candidates are to brace the ladder against the wall until a spotter has secured it. The spotter and the candidate will then lower the ladder to the ground. This simulates raising a ladder on the side of a building.

**REQUIREMENT:**      **TIME LIMIT:**    16 Seconds

Failure to complete this task or failure to complete this task within the required time limit constitutes a failing grade on the overall test battery.

**TASK 3/STATION 3:**

**LADDER HOIST:**

A two-splice ladder weighing approximately 265 pounds is secured to a wall by one section. A moveable section is elevated to full extension by pulling on an attached rope using a hand-over-hand motion. Once the ladder is fully extended, time is stopped. The candidate must then lower the ladder using the same hand-over-hand method. This simulates hoisting a two-splice or three-splice ladder to gain access to a window.

**REQUIREMENT:**

**TIME LIMIT: PASS/FAIL** However, time will be kept and reported to the Fire Division.

Failure to complete this task constitutes a failing grade on the overall test battery.

**TASK 4/STATION 4:**

**HOSE CONNECTION:**

At the beginning of the test, there will be a wrench, a reducer, a 5" hose, and a 3" hose laid out next to a hydrant. The candidate must pick up the wrench, place it on a cap, and remove the cap. The other cap will then be removed in the same manner. The applicant will then set down the wrench and put the reducer on the left (facing west) side of the hydrant. The candidate must then connect the 3" hose to the reducer. The 5" hose will then be attached to the right side of the hydrant. The 5" hose, reducer, and 3" hose must all be hand tightened. The candidate will then pick up the wrench, place it on the valve on top of the hydrant, and turn the valve four times, thus simulating turning on the water. The candidate will then reverse this procedure, closing the valve, removing the 3" hose, reducer, and 5" hose, and then putting the caps back on the hydrant. Timing will begin when the candidate touches the wrench used to remove the caps and stop when the candidate finishes putting the caps back on the hydrant.

Candidates will see a demonstration of the above procedure performed twice by Fire Department spotters prior to performing this task.

**REQUIREMENT:**

**TIME LIMIT: 1 Minute & 50 seconds**

Tasks 5 through 10 are to be completed consecutively in sequential order. A candidate's time will start once he/she crosses the starting line at Station No. 5 and will not stop until he/she has crossed through the stairwell doorway at Station 10.

**TASK 5/STATION 5:**

**STAIR CLIMB WITH HOSE:** Candidate advances through the door of the Fire Tower stairwell with a hose bundle weighing approximately 60 pounds and climbs 7 flights of stairs to a designated area. Once the appointed area has been reached, the candidate rings a bell and returns to ground level with the hose bundle, drops it and proceeds to Task 6/Station 6. This simulates climbing steps to get to the fire floor.

**TASK 6/STATION 6:**

**HOSE CARRY:**

Candidate is required to remove a bundle of hose weighing approximately 80 pounds from a simulated hose rack (same height as on an apparatus) and zigzag up and back through 100 feet of cones spaced 5 feet apart. Once back at the simulated hose rack, the candidate places the bundle of hose on the ground in front of the hose rack. Once the candidate has completed this task, he/she proceeds to Task 7/Station 7. This simulates carrying hose bundles around obstacles at a fire scene.

**TASK 7/STATION 7:**

**FIRE ESCAPE**

**ASCENT/DESCENT:**

Candidate climbs up a fire escape (the fire escape is at the same pitch as the stairs) to the fifth floor, touches the door, then descends the fire escape and proceeds to Task 8/Station 8. This simulates climbing a fire escape to get to the fire floor.

**TASK 8/STATION 8:**

**HOSE CARRY:**

Candidate repeats Task 6/Station 6. Upon completion, candidate proceeds to Task 9/Station 9. Repeating this event is included to measure the endurance required at fire scenes.

**TASK 9/STATION 9:  
FIRE ESCAPE  
ASCENT DESCENT:**

Candidate repeats Task 7/Station 7. Upon completion, candidate proceeds to Task 10/Station 10. Repeating this event is included to measure the endurance required at fire scenes.

**TASK 10/STATION 10:  
STAIR CLIMB  
WITHOUT HOSE:**

Candidate advances through the door of the Fire Tower stairwell, runs up the stairs to the seventh floor, rings a bell and returns to the starting position. This event is repeated to measure endurance required at fire scenes. This simulates climbing steps to get to a fire floor.

**NOTE:** Once the candidate crosses through the stairwell doorway, his/her time is stopped and the physical ability test is completed.

**TIME LIMIT:** 11 Minutes

**NOTE:** If a candidate fails to complete a task or fails to complete Tasks 5 through 10 in the required time limit, the candidate fails the overall test battery.