

2008 Firefighter Physical Ability Test

Layout and Instructions

Instructions

All eight stations shall be performed in a continuous sequence. Failure to complete a station or a total elapsed time of more than 12 minutes shall constitute a failure of the physical ability test. Throughout the test the candidate will wear a 50 pound weight vest to simulate personal protective clothing and SCBA. For the stair climb station an additional 25 pounds will be added to the vest to simulate a hose bundle.

Station #1 Stair Climber: Warm up for 20 seconds at 50 Steps per minute, then the test begins with 3 minutes at 60 steps per minute. If the candidate steps off of the machine after the 20 second warm-up period, this shall constitute a failure of the station.

Station #2 Forcible Entry Sled: using the provided mallet, the candidate strikes the end of the sled until it is past the finish point.

Station #3 Ceiling Pull/Breach: Using the pike pole provided, the candidate completes five sets of breaching and pulling. A set is comprised of pushing up on the ceiling breach panel until it hits the stop 3 times and pulling down on the counter balance device until it hit the stop 5 times.

Station #4 Search: The candidate will crawl through a maze that is approximately 64' feet long, 3' high, and 3' wide. While in the maze they will navigate under, over, and around obstacles. There may also be portions where the dimensions have been reduced.

Station #5 Equipment Carry: Remove the saws one at a time from the cabinet and place them on the ground. The candidate will then simultaneously pick up one saw in the right hand, and one saw in the left hand and carry them 75' then 180° around a drum, then 75' back to the finish line. The candidate will then set both saws down simultaneously, and place them one at a time back in the cabinet in their designated place.

Station #6 Hose Drag: The candidate shall grasp the nozzle attached to 200' of 1.75" hose and drape eight (8) feet or less of the hose line over their shoulder. Drag the hose 75' to a drum. Proceed 90° around the drum an additional 25' to the finish line. You are permitted to run while dragging the hose, this is the only time in the entire test you are permitted to run. After you cross the finish line, you will stop in the marked box, turn to face the hose line, drop to at least one knee, and then pull the hose until the coupling marked in red crosses the finish line.

Station #7 Ladder Raise: The candidate will walk to the end of a 24' extension ladder that is on the ground. Lift the top rung of the unhinged end of the ladder from the ground, and walk it up in a hand over hand action, using each rung of the ladder, until the ladder rests against the wall. After successfully completing the ladder raise, you will immediately proceed to a second pre-positioned and secured ladder. The candidate will extend the fly in a hand over hand action until the fly hits the stop. They will then immediately lower the fly in a controlled manner, in a hand over hand action until the fly is returned to its original position.

Station #8 Rescue: The candidate will grasp one or both of the shoulder straps on a 165 pound manikin and drag it 35' then turn 180° around a drum, then 35' back to the finish line. The Candidate's time shall be when the manikin completely crosses the finish line.