OVERVIEW OF THE PHYSICAL ABILITY TEST

TAKING THE PHYSICAL ABILITY TEST

This booklet contains important facts about the physical ability test. Read it carefully to learn what the test will be like. This test measures your ability to do certain things that are important to the job. This does not mean that you need to know all about the job when you take the test.

PARTS OF THE TEST

There are (6) events in the test. Each is described in the following pages. The test will be similar to, if not identical to, this sample

WHAT YOU SHOULD WEAR OR BRING TO THE TEST

Shorts with sweat pants over the top, T-shirts and walking/running shoes are recommended. Tight clothes should be avoided as they will restrict movement. Also, shorts must be accompanied by sweat pants as some exercises will need slight protection for the legs; You must also bring a set of work gloves- inexpensive leather work gloves are recommended. No food, drink, or tobacco products will be allowed in the classroom or on the drill field at any time.

HOW TO PREPARE TO TAKE THE PHYSICAL ABILITY TEST

The best way to prepare for this test is to be in the best general physical condition possible. General physical conditioning exercises that will increase your endurance and strength will be helpful. Some suggested exercise .includes running, swimming, climbing stairs, sit-ups, push-ups, and lifting weights. One of the tests is a one-mile run and your must complete the run in 12 minutes.

ORIENTATION STATION

Candidates will report to the Orientation Station. A brief overview of the test site will be given and any questions answered. Candidates will not run at any time (except during the mile run or if instructed to do so). Running is defined as moving so quickly that both feet are simultaneously off the ground.

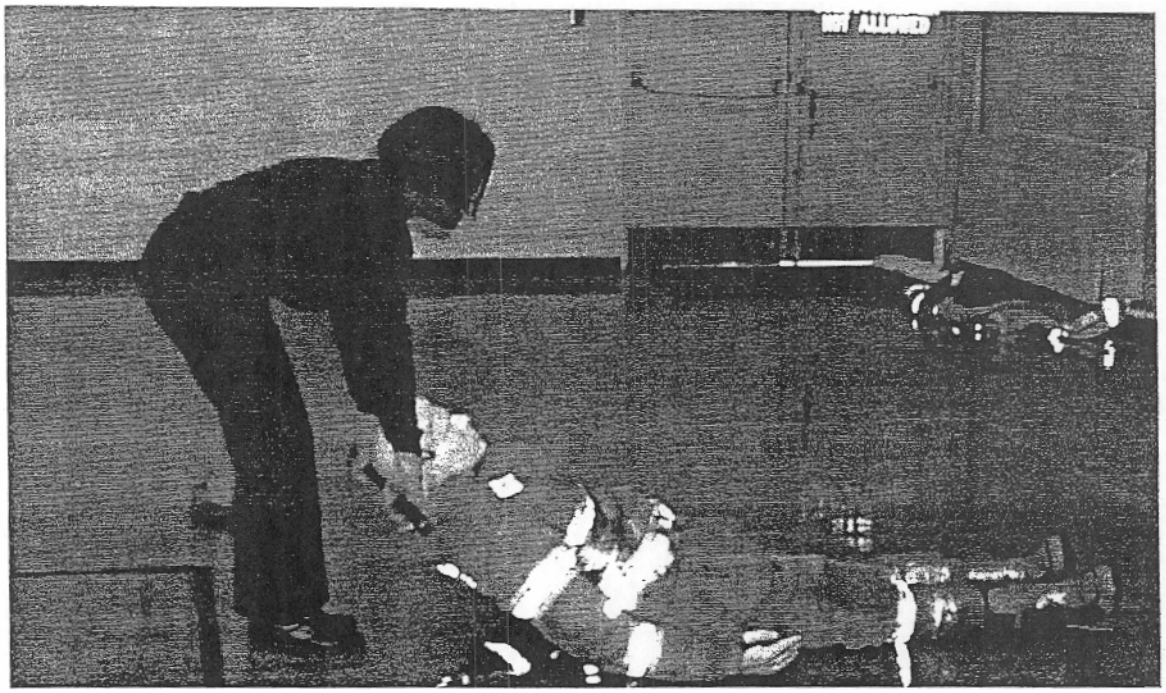
1. Body Drag

Description: Candidates will drag a 175-lb. dummy along a carpeted pathway until the dummy's feet cross the finish line.

Trials: One

Time Limit: 15 seconds

Scoring: Pass or Fail



2. Ladder Raise I

Description: A 24-ft. extension ladder weighing 79 lbs. will be placed on the ground at a right angle to the building. The bottom of the ladder will be butted up against the building. Candidate will raise the ladder from its horizontal position to a vertical position against the building, and then will return it to its original position on the ground.

Trials: Two

Time Limit: None.

Scoring: Pass or Fair

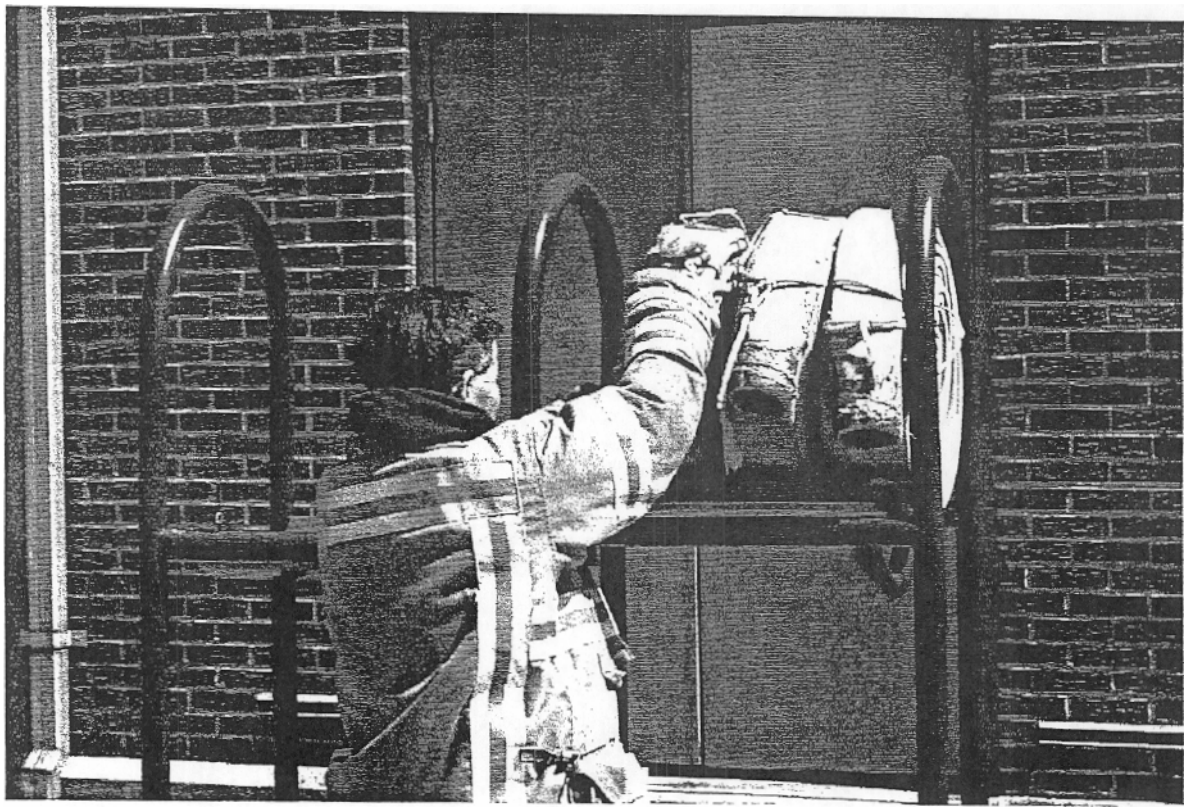
3. Hose Stack

Description: Three (3) fifty-foot sections of rolled 2Yz-inch hose will be placed in an upright position on the ground. The applicant, positioned in front of the rack, will lift each section of hose, one (1) section at a time, placing them on the top shelf of the hose storage rack. The first section of hose must be stacked starting at either the left or right end of the hose storage rack, and the next two (2) sections of hose must be stacked next to it. The applicant should not stop or pause to rest at any time during this event.

Trials: Two

Time Limit: None, but the applicant must complete the test without stopping or pausing to rest.

Scoring: Pass or Fail



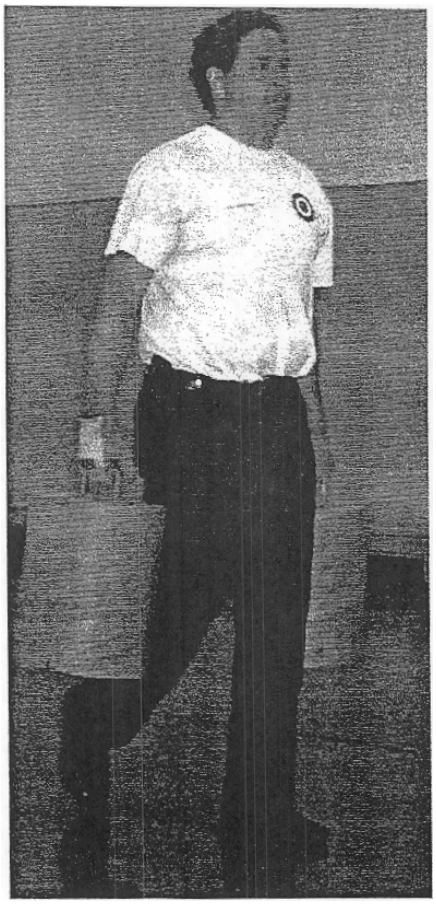
4. Lightwater Lift & Carry

Description: The applicant will lift and carry, one in each hand, two 43.5 lb. containers of lightwater along a straight line to a designated target 100 feet away. After reaching the target area, the candidate will set the containers down. The containers must be carried to the target area without being dropped and without the applicant stopping.

Trials: Two, if needed

Time Limit: None, but the applicant must complete the test without pausing to rest.

Scoring: Pass **or Fail**



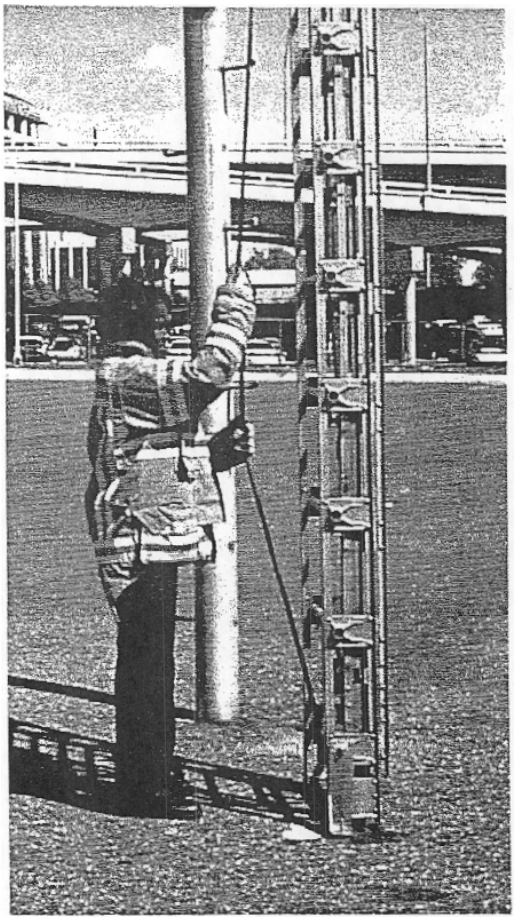
5. Raise Halyard I

Description: Candidates will raise the fly section of a 28-ft. ladder all the way to simulate raising a ladder to a third-story window on a fireground. Candidates will perform the test without stopping to rest. After raising the fly section all the way, the candidate will lower the fly to the ground.

Trials: Two, **if** needed.

Time Limit: None, but the applicant must complete the test without pausing to rest.

Scoring: Pass or Fail.



6. Mile Run I

Description: The applicant's score will be the number of seconds taken to complete the run.

Trials: One

Time Limit: 12 minutes.

Scoring: Candidate will run 1 mile as quickly as possible.