



Westlake Fire-EMS Department

Practice Day Location: 1400 Solana Blvd., North Parking Lot

Candidate Physical Ability Test

Overview

TAKING THE PHYSICAL ABILITY TEST:

This pamphlet contains important facts about the fire department's physical ability test. Read it carefully to learn what the requirements are and what the test will be like. This test is a measure of your ability to do certain activities that are important to the job of a firefighter and emergency medical responder. This does not require you to be trained as a firefighter or emergency medical responder when you take the test.

PARTS OF THE TEST:

There are six (6) events in the test. Each event is described on the following pages. The test is conducted as a full event with candidates moving from one station to the next to simulate emergency operations. An overall time for the completion of the test will be taken: no individual event times will be taken. Each station must be completed successfully before the candidate can proceed to the next station. This is a pass/fail event based on the total maximum time of seven (7) minutes.

WHAT TO WEAR OR BRING TO THE TEST:

Candidates should wear comfortable active working clothes. Sweat shirts, T-shirts, and rubber soled shoes, such as tennis shoes, or work boots are recommended apparel. Comfortable pants, such as jeans or sweat pants should be worn. Tight clothes should be avoided. Candidates will be provided a turnout coat with a liner, helmet, gloves, and SCBA harness containing an air bottle, to wear during all stations. Candidates will don this gear, which weighs approximately 45 pounds, before starting the test. Water will be available on the drill ground during the test, and candidates are encouraged to stay hydrated. Candidates must bring a valid government issued photo ID to the test site the day of the test or they will not be allowed to take the test.

PREPARING TO TAKE THE PHYSICAL ABILITY TEST:

The best way to prepare for the test events is to be in the best general physical condition possible. General physical conditioning exercises that increase your endurance, stamina and strength will be helpful. Suggested general conditioning exercises include walking, running, swimming, climbing stairs, sit-ups, push-ups, weight lifting, etc. Candidates should check with their physician before taking the physical ability test to be sure they are in good physical condition and have no medical problems that may prevent them from taking the test. On the day

of the test, drink water before taking the test, avoid eating for at least three hours before the test, and stretch before taking the test.

TESTING:

Candidates will report to the orientation station at completion of the written exam. An overview and walk through of the test site will be given and any questions answered. Each candidate must sign a waiver of liability before being permitted to participate in the physical ability test.

Candidates will wait at the start line until advised to begin by the test administrator. Gear will be issued to candidates, and they will be orally instructed to put it on before beginning the test.

Running is not permitted on the drill field; only fast walking is allowed. Running is defined as moving so quickly that both feet are simultaneously off the ground. Candidates may not be assisted during this test, such as by persons handing them items or holding onto them (except in an emergency). The total completion time will be taken upon completion of the last event. Upon completing the test, candidates shall return to the orientation station and remain there until released by the test administrator.

Station #1: HOSE DRAG

Description: A 150-foot section of 2" hose pressurized to 100psi with water will be connected to a fire truck and laying on the ground. The candidate will be required to pick up the hoseline at the nozzle and move it 75' to designated area and return the nozzle and hoseline back to the starting point.

Purpose of evaluation: This event is designed to simulate the critical tasks of dragging a charged hoseline from the fire apparatus through fire occupancy.

Reasons for Failure:

- Unable to pull hoseline to designated area and returning to starting point

Station #2: STAIR CLIMB

Description: The candidate will start at base of open stairwell by picking up a high-rise pack and placing on shoulder. The candidate will proceed to the third (3) floor level and place high-rise pack in designated area.

Purpose of evaluation: This event is designed to simulate the critical tasks of climbing stairs while carrying a high-rise pack (hose bundle) and climbing stairs in protective coat, gloves, and helmet.

Station #3: LADDER RAISE

Description: A 14-foot roof ladder, weighing approximately 35 pounds, will be positioned at a 90-degree angle (horizontal) to a building with the bottom of the ladder touching the building. The candidate will raise the ladder from a horizontal position on the ground to a vertical position by walking forward grasping consecutive rungs, without dropping or losing control of the ladder, against the building and then position ladder to approximately 75 degree angle. The candidate will climb the ladder and touch wall at spot marked above the ladder and descend the ladder.

Purpose of evaluation: This event is designed to simulate the critical tasks of placing a ground ladder at a structure fire and position to climb to roof.

Reasons for failure:

- Skipping rungs would give a taller candidate an advantage over a shorter candidate and is therefore not permitted. It would also allow the candidate to throw the ladder up in the air which is both unsafe and unavailable to the candidate at a fire scene when the base of the ladder is not hinged to the ground.
- Failure to completely raise the ladder demonstrates poor grip and muscular strength.

Station #4: HOIST HOSE

Description: A rope attached to a 50' section of 3" hose will be positioned on the ground from the third (3) floor of building. The candidate will have to hoist the hose using hand over hand method to the third floor and placed in designated area.

Purpose of evaluation: This event simulates hoisting equipment or tools needed to top of building for firefighting needs.

Reasons for failure:

- Dropping or letting go of rope allowing the hose to hit the ground demonstrates poor grip strength or muscular endurance.

Station #5: DESCEND STAIRS

Description: The candidate will start at top of open stairwell by picking up a high-rise pack and placing on shoulder. The candidate will proceed to the first (1) floor level and place high-rise pack in designated area.

Purpose of evaluation: This event is designed to simulate the critical tasks of descending stairs in protective coat, gloves, and helmet while carrying a high-rise pack (hose bundle).

Reasons for failure:

- Falling-demonstrates poor balance or muscular endurance and could cause injury to the candidate.

Station 6: KEISER SLED

Description: The candidate will use provided sledge hammer used to move sled a predetermined distance.

Purpose of Evaluation: This event is to demonstrate forcible entry using a chopping technique.

Reasons for Failure:

- Failure to move the sled the appropriate distance.

Station #7: VICTIM DRAG

Description: The candidate shall drag a “victim” (weighted training manikin) weighing approximately 170 pounds 100 feet.

Purpose of evaluation:

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene.