

Physical Ability Testing

HOODLAND



Dist. 74

HOODLAND FIRE DISTRICT #74 PHYSICAL ABILITY TEST

As we all know firefighting involves extremely strenuous and skilled physical work not to mention handling emergency and life threatening situations. Therefore demanding physical standards are necessary because of the high level of physical fitness required by the profession. Agility and endurance are necessary to perform these duties. This test is designed to determine the existing member's as well as the new applicant's physical strength, agility and capability to perform job related tasks.

The test is the entrance test for the new applicant and for the existing member it will be held on an annual basis and will consist of six components, which simulate actual tasks performed on the job. Members/applicants must complete the tasks as described and shall proceed directly from one task to the next. No rest periods will be allowed during the test. All seven (7) components are to be completed in six (6) minutes or less. Evaluators may be located at each test station or may follow the member/applicant from station to station to insure conformance to the standards. The test will be graded on a pass/fail basis. The member/applicant must pass each individual component of the test to proceed on to the next exercise.

Although a time limit is set for these exercises, no points will be awarded or advantage gained by completing them in less than the time allotted. The time was set to allow completion of the exercise at a safe pace. Please pace yourself and do not try to race through the exercises. A member/applicant shall be disqualified if he/she fails to follow instruction or performs the task in an unsafe manner.

PHYSICAL CHARACTERISTICS:

Cardiovascular Capability/Aerobic Capacity: The test will measure an above average degree of aerobic capacity and will connect various firefighting simulations in a circuit and may generate pulse rates in excess of 150 beats per minute.

Strength and Endurance: The test will also measure an above average degree of strength and endurance. Many of the activities encountered by a firefighter require pulling, lifting and climbing, oftentimes with equipment weighing as much as 165 pounds.

PREPARING FOR THE TEST:

Members/applicants shall restrict caffeine intake the day that they are scheduled for the test and not eat within two hours of the test. Do not engage in strenuous activity the day of the test. Spend a few minutes warming up and stretching before you start the test.

The test dates/drill will be scheduled and made public in advance so members may prepare by having practice drills or sessions.

Members/applicants are encouraged to dress appropriately. There will not be an opportunity to change clothes or shoes during the testing process. Members will be expected to have closed toed shoes.

TEST STATIONS AND REQUIREMENTS

Members/applicants shall wear turnout coat, helmet, gloves and SCBA.

The order of events shall be:

- | | | | |
|----|---------------------|----|--------------------|
| #1 | Shoulder Load Carry | #2 | Ladder Climb (2) |
| #3 | Hose Hoist (2) | #4 | Tire Drag |
| #5 | Ladder Walk | #6 | Smoke Ejector Hang |
| #7 | Shoulder Load Carry | | |

#1 SHOULDER LOAD CARRY:

The member/applicant will pick up the taped hose bundle consisting of 50' of 2 ½" hose with attached fog nozzle (weighing up to 77 lbs.) and place it upon their shoulder. He/she will then proceed to the top floor of the tower. On the top floor he/she will turn around and return to the bottom floor of the training tower. (Dropping the bundle, letting it slide off the shoulder, skipping a stair tread or stopping during the task are grounds for failure.) The member/applicant will set the bundle down outside of the training tower where designated.

Purpose: To evaluate the member's/applicant's endurance and back and leg strength.

Related Job Tasks: Carrying loads up and down stairs is a common task on the fire ground.

#2 LADDER CLIMB:

A 24' ladder will be secured in a climbing position. The member/applicant will climb it two round trips up and down and up and down. The fifth rung below its tip will be marked. Both of the member's/applicant's feet must touch this rung before climbing down to the ground. This climb must be repeated a second time for the task to be completed. Members/applicants must climb the ladder without skipping any rungs, without stopping and by using only the rungs while climbing and descending the ladder. The time begins on a signal from the evaluator and ends when both of the member's/applicant's feet touch the ground after the second climb up and down the ladder. The member/applicant immediately moves to next task area.

Purpose: To evaluate the member's/applicants physical coordination, reaction to heights, leg strength and endurance.

Related Job Tasks: Firefighters must be able to climb ladders and to work at heights effectively.

#3 HOSE HOIST:

The member/applicant shall pull up a rolled dry section of 2 ½" hose attached to a rope using a pulley, 18 to 20 feet. A hand-over-hand method shall be used to raise and lower the hose bundle. The hose bundle will be raised to the top floor where the knot touches the rail; the member will then lower it back to the ground. The rope may not slip or slide through the hands. Allowing the rope to slip or slide or dropping the hose bundle will disqualify the member/applicant. This task will be completed twice, and ends when the hose bundle returns to the ground after being hoisted the second time. The member/applicant immediately moves to next task area.

Purpose: To evaluate the members/applicant's hand, arm and shoulder strength and endurance.

Related Job Tasks: Hoisting tools and hose bundles are required at fire scenes. Similar strength and endurance is also needed to perform rescue practices in steep angle and water rescue operations.

#4 TIRE DRAG:

The member/applicant places a 2½" play pipe nozzle over their shoulder, then grabs the nozzle with both hands, and drags the attached 12' of 2½" hose and tire (weighing 170 lbs.) a total distance of 75'. Start on the signal from the evaluator, the task ends when the tire touches the finish line. The member/applicant immediately moves to next task area.

Purpose: To test the members/applicant's stamina and upper and lower body strength.

Related Job Tasks: Extending 150' of uncharged 2½' fire hose is customarily a one-person evolution. Firefighters often have to drag hoses long distances.

#5 LADDER WALK:

The member/applicant is required to walk on the rungs of a 14' roof ladder. The ladder is flat and supported 4" off the ground by blocks. The member/applicant must carry a chain saw in one hand without losing balance or falling off of the ladder. A foot must touch each rung of the ladder. This exercise consists of walking across the ladder to the last rung, stepping off the ladder, turn around, and return rung-by-rung to the starting rung. Dropping the saw or slipping off the ladder is a disqualification. The member/applicant immediately moves to next task area.

Purpose: To test the member's/applicant's balance during a period of exertion.

Related Job Tasks: When cutting ventilation holes in the roof, firefighters place a ladder against the roof and walk the rungs carrying various types of equipment.

#6 SMOKE EJECTOR HANG:

An old style electric smoke ejector will be placed on the ground with its two hooks ready for use. Directly above the ejector is an open door with the bottom of the door jack at head height. On a signal from the evaluator the member/applicant will lift the smoke ejector by grabbing its two hooks and then hook them onto the door jack. Then remove the smoke ejector from the door jack by grabbing each of its hooks and lowering it to the ground. Members/applicants are to maintain control of the smoke ejector by not dropping it. Start on the signal from the evaluator, task ends when the smoke ejector is returned to the ground. Lifting the fan must be done with the hooks; to do otherwise is a failure. The member/applicant immediately moves to next task area.

Purpose: To test the member's/applicant's upper and lower body strength and coordination.

Related Job Tasks: Lifting fans, small generators, vehicle extrication tools are common emergency ground jobs.

#7 SHOULDER LOAD CARRY:

Step #1 shall be repeated following the same rules as before. The time of your physical agility will stop when you hit the concrete pad at the bottom of the tower.

CANDIDATE'S NAME _____ TEST DATE _____

1. Shoulder Load Carry #1: Pass _____ Fail _____

Comments: _____

2. Ladder Climb: Pass _____ Fail _____

Comments: _____

3. Hose Hoist: Pass _____ Fail _____

Comments: _____

4. Tire Drag: Pass _____ Fail _____

Comments: _____

5. Ladder Walk: Pass _____ Fail _____

Comments: _____

6. Smoke Ejection Lift: Pass _____ Fail _____

Comments: _____

7. Shoulder Load Carry #2: Pass _____ Fail _____

Comments: _____

Time to complete tasks: _____ Pass _____ Fail _____
(Maximum 6 minutes)

Comments: _____

Evaluator's Signature: _____

Candidate _____ did pass OR _____ did not pass this exam.

WAIVER AND RELEASE OF LIABILITY
READ THIS DOCUMENT CAREFULLY BEFORE YOU SIGN

RECITALS:

1. Applicant desires to become a member of the Hoodland Fire District.
2. The policies of the district provide that each applicant shall submit to a test of physical ability.
3. The physical ability test requires the applicant to engage in activities that may endanger the applicant's health.

WITNESSETH:

In consideration of receiving permission to take the physical ability test, receipt of such permission being hereby acknowledged, applicant hereby releases the above named district, their officers, agents, servants and employees from any and all liability, claims, demands, actions and causes of action whatsoever, arising out of or related to any loss, damage, or injury, including death, that may be sustained by the applicant, or any property of the applicant, while in, on or upon the premises, or any premises leased to, owned by, sanctioned by, or under the control or supervision of the above named district.

The applicant being duly aware of the risks and hazards inherent upon entering upon said premises and participating in the physical ability test held at such premises, hereby elects to voluntarily enter upon said premises and to engage in the physical ability test.

The applicant hereby voluntarily assumes all risks of loss, damage or injury including death that may be sustained by the applicant while engaging in the physical ability test.

This Release and Waiver shall be binding upon the distributees, heirs, next of kin, executors and administrators of the applicant.

In signing the foregoing Release and Waiver, the applicant hereby acknowledges and represents that:

- A. The applicant has read the foregoing Waiver and Release, understands it, and signed it voluntarily.
- B. The applicant is of legal age and sound mind.

IN WITNESS WHEREOF, the applicant has signed the foregoing Waiver and Release on

the _____ day of _____, 20_____.

Applicant

Witness