

Firefighter Physical Ability Test

1. *Aerial Ladder Climb – This is a pass/fail event.*

The applicant must climb a minimum of 50 feet, or a height specified by the municipality, up a ladder and back down again without repeated or prolonged stops during the ascent or descent. This test will be conducted using an aerial ladder. It is a test of the individual's balance and stability as well as fear of great height.

2. *Sit-ups – 35 minimum within 1 minute.*

The applicant must complete as many bent leg sit-ups as possible in one minute with hands held behind their head. This test assesses the endurance level of the applicant's abdominal muscles. Strong abdominal muscles are needed for maintaining good posture and minimizing lower back problems.

3. *Sit and Reach – 16 inches minimum.*

The applicant will sit flat on the floor with legs straight out in front of his/her body and arms extended out stretching forward to reach beyond their toes. Flexibility of the lower back and upper leg area will be measured. This is important for good job performance involving range of motion and is important in minimizing lower back problems.

4. *Extension Ladder Climb – This is a pass/fail event.*

The applicant must climb and descend approximately 25 feet on a ladder with an air pack of approximately 25 pounds strapped to his/her back. This event tests for an individual's minimum distance endurance on arms and legs with added weight.

5. *Victim Rescue – 12 seconds or less.*

The applicant will run a distance of 30 feet from the starting point to a vehicle, open the door and remove a 150-pound simulated victim from the front seat and drag it back to the starting point. This event stimulates removing a person from a wrecked and/or burning car to a safe area.

6. *Stretcher Carry – This is a pass/fail event.*

The applicant will climb and descend a flight of stairs while grasping a weighted object of 75 pounds while holding his/her arms in a crooked position. This event stimulates assisting in transporting a stretcher with a victim up or down a flight of stairs.

7. *Maze – This is a pass/fail event.*

The applicant with an air tank and blackened face piece (will not be connected to air tanks), will be required to crawl on his/her hands and knees, following a life-line through a pre-arranged course with obstacles. Any action on the part of the individual to raise or remove the mask prior to completion of the event, or to release both hands from the lifeline, or loss of direction, will result in failure of the event. This event is testing for claustrophobia and how well the individual can handle a life-threatening emergency situation.

8. *Flexed Arm Hang – Timed event - 30 second minimum.*

The applicant will mount a chinning bar with his/her palms facing away from their body and then adjust their body to a position where the chin is level with the bar. On command he/she is released from the supports and proceeds to maintain their position as long as possible. Timing will continue until their arms are extended to 135 degrees. This event is used to assess the individual's upper body and arm strength.

9. *Equipment Transport – Timed event – 25 seconds or less.*

The applicant while wearing an air tank on his/her back, will pick up a 50 foot, 1 ½ inch hose roll and run for a distance of 100 yards. This event is used to assess the applicant's ability to carry moderate weight while exerting him/herself.