



TOWN OF WESTLAKE

FIRE - EMS DEPARTMENT

Candidate Physical Ability Test



Overview

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.

There are seven (7) 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 and Bring to the Test

Candidates should wear comfortable, active clothes. Sweatshirts, T-shirts, athletic shorts or sweatpants are recommended apparel. We also recommend rubber soled shoes, such as tennis shoes or work boots, for your footwear. Tight clothes should be avoided. Candidates will be provided a turnout coat with a liner, helmet, gloves, and an 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.

Preparing for 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, weightlifting, 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.

Testing

An overview and walk through of the test site will be given and any questions about the course will be answered. 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 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 Time will be recorded upon completion of the last event. Upon completing the test, candidates shall return to the orientation station, have their vital signs checked, and remain there until released by the test administrator.



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➤ 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 hose line at the nozzle and move it 75' to the designated area and then return the nozzle and hose line back to the starting point.
- *Purpose of Evaluation:* This event is designed to simulate the critical task of dragging a charged hose line from the fire apparatus through fire occupancy.
- *Reasons for Failure:* Unable to pull hose line to designated area and return to the starting point.

➤ Station 2: Stair Climb

- *Description:* The candidate will start at the base of an 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 the high-rise pack in the designated area.
- *Purpose of Evaluation:* This event is designed to simulate the critical task of climbing stairs while carrying a high-rise pack (hose bundle) and climbing stairs in protective coat, gloves, and helmet.
- *Reason for Failure:* At no point shall a candidate skip any stairs while ascending the stairs.

➤ Station 3: Ladder Raise

- *Description:* A 24-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, placing against the building and then positioning the ladder to an approximate 75-degree angle. The candidate will climb the ladder and touch the wall at the spot marked above the ladder and descend the ladder.
- *Purpose of Evaluation:* This event is designed to simulate the critical task of placing a ground ladder at a structure fire and positioning it to climb to the 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 a building. The candidate will have to hoist the hose to the third floor using the hand over hand method and place it in the designated area.
- *Purpose of Evaluation:* This event simulates hoisting equipment or tools needed to the top of a building for firefighting needs.
- *Reasons for Failure:* Dropping or letting go of the rope, thus allowing the hose to hit the ground demonstrates poor grip strength or muscular endurance.



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➤ **Station 5: Descend Stairs**

- *Description:* The candidate will start at the top of an open stairwell by picking up a high-rise pack and placing it on their shoulder. The candidate will proceed to the first (1) floor level and place the high-rise pack in the designated area.
- *Purpose of Evaluation:* This event is designed to simulate the critical task of descending stairs in protective coat, gloves, and helmet while carrying a high-rise pack (hose bundle).
- *Reason for Failure:* At no point shall a candidate skip any stairs while descending the stairs.

During the distance between the Stairs and the Keiser Sled, the candidate will carry a 44lb kettlebell in each hand.

➤ **Station 6: Keiser Sled**

- *Description:* The candidate will use a provided sledgehammer to move the sled a predetermined distance.
- *Purpose of Evaluation:* This event is to demonstrate forcible entry using a chopping technique.
- *Reason 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 180 pounds, 100 feet.
- *Purpose of Evaluation:* This event is designed to simulate the critical task of removing a victim or injured firefighter from a fire scene.
- *Reason for Failure:* While dragging the “victim,” the victim cannot touch any portion of the cones.