

# Steese Volunteer Fire Department

<b>Classification: Procedure.</b>			<b>Number: 205</b>
<b>Title: Firefighter &amp; EMS Physical Ability Test.</b>			<b>Chapter: 2 Personnel</b>
<b>Issued: 8-30-07</b>	<b>Revised: 8-6-13</b>	<b>Effective: 5-1-14</b>	<b>Expiration: none</b>
<b>Supersedes: DOG 719 Ability Test.</b>		<b>Reference: Attached Layout of Course.</b>	

## INTRODUCTION

The Physical Ability Test is one component of the candidate testing process for New Members, whether they be applicants for Fulltime/Paid, Volunteer or Scholarship/Intern positions. Candidates must first pass the Physical Ability Test in order to continue the recruitment process. This Physical Ability Test is used for all candidates who are pursuing Firefighting, EMS only or the desire to do both Firefighting and EMS operations. All members of the department that are involved with emergency response are subject to annual Physical Ability Testing. Members that entered the department under an earlier versions of the Physical Ability Test are grandfathered to that standard. All Physical Ability Tests are Pass/Fail.

## PURPOSE

The Physical Ability Test provides a baseline evaluation of strength and endurance necessary to perform functions associated with Fire and EMS operations. Emergency operations involve strenuous physical activities in order to mitigate a situation. During Fire operations, response personnel don personal protective equipment that can exceed 40 lbs and then lift, carry and work with tools that can exceed 80 lbs. During EMS operations, personnel are consistently carrying 40 lbs of equipment to the location of victims in order to provide treatment. Then they are subject to carrying the patient up or down narrow, confined stairwells and hallways. Carrying a patient distances between where the patient is located and where the ambulance is parked, can exceed 100 yards through rough, unstable terrain or snow. Combined weight of the gurney and the patient often exceed 200lbs.

## PROCEDURE

### I. Preparation for the Physical Ability Test

#### A. Required Clothing of Participants:

- a. Appropriate athletic shoes or work boots.
- b. Long pants. No shorts or extended shorts.
- c. T-shirt. No tank tops.
- d. Forestry helmet – provided by dept.
- e. Forestry gloves – provided by dept.

#### B. A Review of each Event:

- a. Prior to taking the Physical Ability Test, the candidates are escorted through the entire course and each event is demonstrated for them.



## Steese Physical Ability Test

### EVENT 1 – Stair Climb

(start location at top of stairs, St.62)

#### Warm-up

Donn 45 lb weighted vest. Vest will be worn during the entire ability test. Starting from the top of St. 62's interior stairs located at the East side of the building, walk down the stairs and up the stairs, three (3) times.

Event Time Starts – Once the candidate reaches the top of the stairs during warm-up portion, the ability test time will start. The candidate will continue to walk up and down the stairs 3 times, then proceed to the hose pull event.

### EVENT 2 – Hose Pull

(location is in front of Bays 4. 5. 6)

Using a 200 ft. 1 ¼ inch hose attack line, the candidate will place the nozzle over his/her shoulder and advance the line 75 ft., make a 90 degree turn and extend the hose line an additional 75 ft. to a line on the ground. Pull hose across line from nozzle to the first coupling which will be 50ft. Once coupling crosses the line, the hose pull event is completed. The candidate then proceeds to the equipment carry event.

### EVENT 3 – Equipment Carry

(shelf located on Delta side of generator shed)

The candidate will remove a chainsaw and Partner saw, one at a time, off of an established shelf (approx. 4 ft. high), and place each on the ground. Pick a saw up in each hand and carry it 75 ft., around a cone/barrel and back to the event start. Place both saws on the ground then, one at a time, place saws back on the shelf. Proceed to Ladder Raise event.

### EVENT 4 – Ladder Raise & Extension

(located exterior of hose tower)

The candidate will perform a flat raise with a 14 ft. roof ladder and then lower it. The base of the ladder will be secured. The candidate will then proceed to another raised/secured extension ladder (24 ft.) and begin pulling hand over hand to extend the ladder till the dogs touch the ladder stop, then lower the ladder hand over hand. Proceed to Forcible Entry event.

### EVENT 5 – Forcible Entry

(location Bravo side of generator shed)

Using an 8 lb sledge hammer, the candidate will swing the sledge hammer 8 times, overhead, hitting a padded vent prop and then set the sledge hammer down. Proceed to the Search event.

### EVENT 6 – Search

(located next to vent prop)

Candidate enters the search prop at one end, exits the other end. Proceed to Rescue event.

### EVENT 7 – Rescue

(location inside Bay 4)

Using our "Big Red" rescue dummy w/ rescue strap attached, the candidate drags the dummy 35 ft., around a cone and back to the event start line, with all parts of the rescue dummy crossing the line. Proceed to the Ceiling Breach & Pull event.

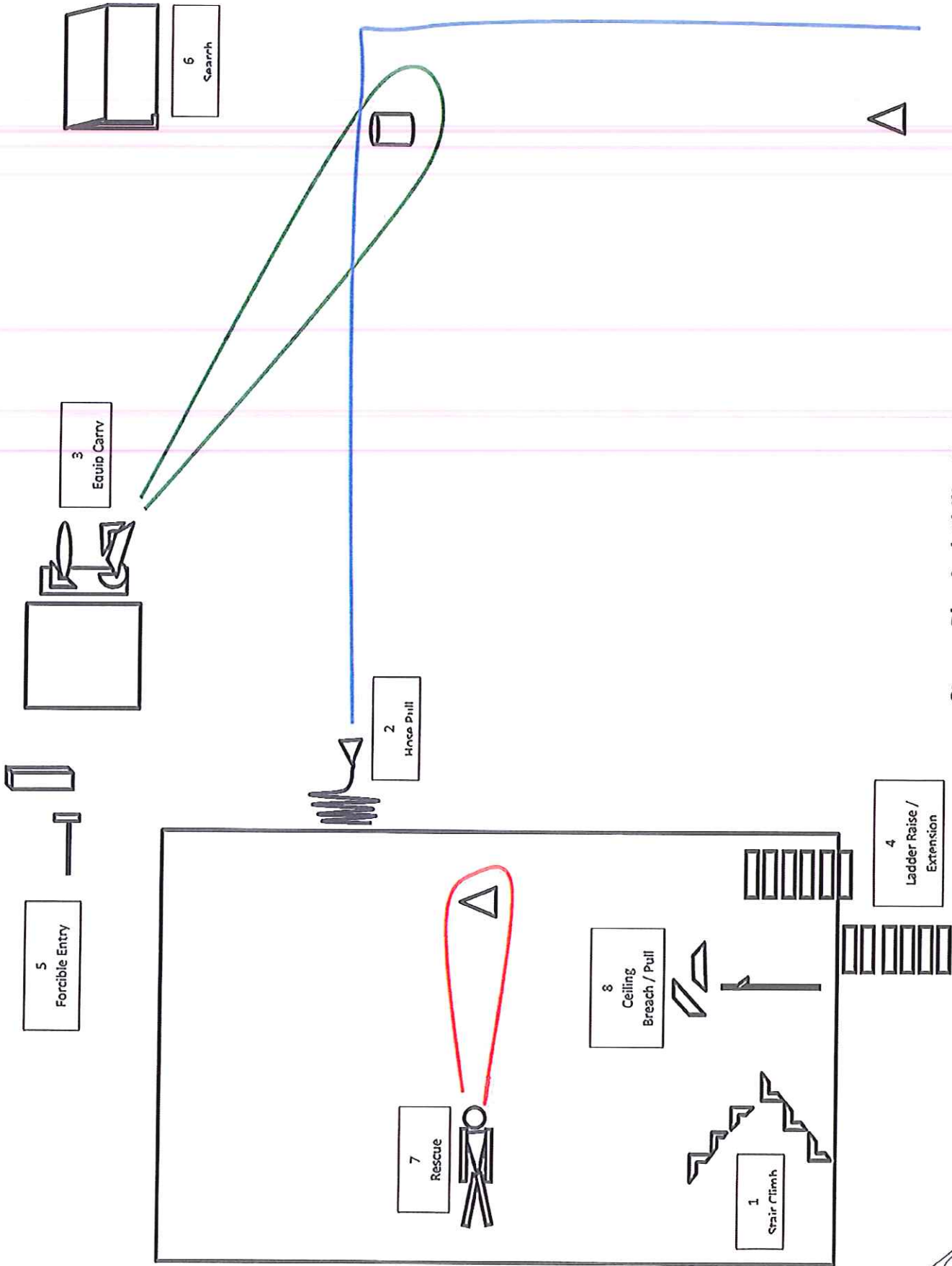
### EVENT 8 – Ceiling Breach & Pull

(located on catwalk next to hose tower)

Using a pike pole, the candidate pushes a lever weighted w/ 15 lbs up (3 times) then pulls down a lever weighted 15 lbs (5 times). The (3 pushes/5 pulls) constitutes one set. The candidate completes 4 sets.

**THE TIME ENDS.** The maximum allowable time to finish is: **10:20 minutes.**





Steese Physical Ability Test  
Layout

*[Handwritten signature]*