

## Physical Ability Test

The applicant will retain this portion of the packet to prepare for the Physical Ability Test.

This document is to prepare the applicant for the Physical Ability Test (PAT) for Centerville Fire/Rescue. This is a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. The following describes the components of the physical ability test and offers information to assist you in preparing.

The Physical Ability Test contains four job-simulation events in a continuous series. These events include:

Stair climb with equipment and Maze (search)

Ladder climb/Hoseline hoist

Victim rescue (dummy drag)

The following guidelines apply to the PAT.

Applicants must wear a self-contained breathing apparatus (SCBA), excluding the face piece, or a weighted vest, for most elements of the job simulation component.

Applicants are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work. You will be performing physical acts that demonstrate strength, agility, and endurance, and it is important to be outfitted in attire that does not hinder your performance. During the PAT, you may get dirty and/or wet from maneuvering through the exercises. Plan your dress accordingly, long pants are recommended.

Protective gloves will be provided by CF/R and must be worn during the PAT. Knee pads are optional (will not be provided by CF/R), and it is the candidate's choice to utilize them. You may bring your own gloves, kneepads, etc. to use; however, the testing authority reserves the right to inspect all equipment, and to disallow equipment, to ensure that its use does not affect the fair and impartial administration of the PAT.

**You must not run during the test.** Running is not permitted on a working fireground, and it will not be allowed during this test. Failure to heed a first warning not to run may result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe, on the stair climb stations as it is not technically possible to run during these components.

### #1: Stair Climb/Equipment Carry/Maze

Station Description:

The candidate must put on the SCBA pack or weighted vest. The candidate will climb up the station's steps while carrying 2 power tools, set down the power tools, crawl through the maze, pick up the power tools, then descend the stairs. Before starting the climb, the candidate will pick up the power tools. The candidate should hit every stair going up and coming back down the staircase. When the candidate reaches the upper floor, he/she will go to the maze and set down the power tools. The candidate will then crawl through the maze, consisting of at least two turns and a limited space opening. The maze will not have any lighting, and the candidate will not be permitted to use any light source. Upon exiting the maze, the candidate will pick up the power tools and follow the path around the upper level back to the stairs and descend the stairs. Once the candidate descends the stairs, he/she should set the tools on the ground.

Preparation:

The stair climb/equipment carry part of this station assesses muscular and cardiovascular endurance. You may practice for this station by ascending and descending stairs while carrying approximately 55 pounds of weight (SCBA plus equipment). The maze portion of this station will simulate crawling into a fire building and conducting a search with little to no visibility.

#2: Victim Rescue (Dummy Drag)

Station Description:

The candidate will drag a human form dummy weighing 165 pounds (weight of dummy and clothing) approximately 50 feet from the bay door to the hose tower. The candidate will drag the dummy using the pull harness attached to the dummy or by placing his/her elbows under the armpits of the dummy. In order to complete this station, the candidate and the dummy must both completely cross the finish line.

Preparation:

This station assesses lower body strength and endurance. You may prepare for this event by dragging a weighted object using a rope.

#3: Ladder Climb/Hoseline Hoist

Station Description:

The candidate will ascend the hose tower ladder to the platform, use a rope to hoist a section of hoseline up to the hose rack, place the hose on the rack, then lower the hose down and, then descend the ladder. If the candidate loses control of the rope (e.g., the rope slips through hands), he/she will be required to perform the event again. While raising and lowering the hose, the candidate's feet must remain in a box that is marked on the platform.

Preparation:

To simulate the hose hoist, you can tie a rope securely to a weighted bag and place the rope over a sturdy horizontal bar that is eight to ten feet above the ground. Then you can use the same

movements as you would to reel in a load attached to the rope. The weight of the hoseline is approximately 35 pounds.