

PULLMAN FIRE DEPARTMENT

Candidate Physical Ability Test

OVERVIEW

The Candidate Physical Ability Test is a measure of an individual's ability to physically perform essential functions required in the occupation of firefighting. Pullman Fire Department Training Division has established a recommended minimum level of performance that protects the safety of the firefighter and provides for the appropriate delivery of fire suppression and rescue services for the community.

All candidates who are interested in employment as reserve firefighters must successfully complete the physical ability test. The successful completion of the the physical ability test is defined as safely accomplishing all events within the established time parameter of a **maximum of 8:00 minutes**.

The candidate physical ability test consists of 8 events designed to measure the physical ability of a firefighter to operate effectively on an incident scene.

Prior to starting the test, the candidate will don protective gear (Helmet and Gloves) and weight vest (not timed)

- 1. Stair Climb Event**
- 2. Equipment Carry Event**
- 3. Hand Line Advancement Event**
- 4. Forcible Entry Event**
- 5. Victim Drag Event**
- 6. Search and Rescue Event**
- 7. Ladder Raise Event**
- 8. Ceiling Pull Event**

The donning of protective equipment event is not timed. This is to ensure there is ample time for the candidate to secure all pieces of their PPE and weight vest in a safe manner, thus enabling candidates to safely accomplish the timed portion of the physical ability test evaluation.

Events 1-8 are the timed events. candidates are encouraged to continuously move as SAFELY as possible through, and onto, the next event. **NO RUNNING IS ALLOWED AT ANY TIME.**

Successful completion of the ability test is defined as meeting or exceeding the minimum required performance level (8:00 minutes).

Meeting or exceeding the minimum level of performance will demonstrate that the candidate is physically prepared to perform the essential functions of firefighting.

SAFETY PRECAUTIONS

Safety of the candidate will be the top priority during the administration of the test. The strenuous nature of the assessment requires members to be monitored closely throughout the

evaluation process. The assessment will not be administered at times when environmental conditions, such as extreme heat or cold, that the safety of the members is compromised. If safety is compromised, the person performing the exercise shall be stopped and instructed what the problem is but their time shall continue during this period. Technique shall be viewed during the exercises and if improper technique results in unsafe performance, the proctor will immediately stop the event and correct the safety issue and the time will not be stopped.

Candidates will be informed and instructed of all aspects of the assessment process prior to performing the evaluation by the Pullman Fire Department's Training Chief or designee. This includes a description of each of the tasks to be performed, an explanation of the scoring method used and time allotted for successful completion of the assessment, and an explanation of any performance techniques that are unacceptable.

The following guidelines will be set-up whenever the test is conducted

- All candidates will sign a Release from Liability Form.
- Throughout the evaluation process, the test proctor or designee will monitor each candidate "potential for injury". If, in the evaluator's opinion, any candidate exhibiting signs indicating they could be at risk for an injury, the test evaluation will be stopped.
- Following the candidate's completion of the physical ability test, they must enter the Rehabilitation Area before leaving the evaluation location.

DESCRIPTION OF EVENTS OF WORK PERFORMANCE COURSE SET-UP REQUIREMENTS

Event 1: Stair Climb

This event simulates the candidate's ability to perform fire suppression operations at an upper story location.

Candidate walks to starting point. Event proctor will accompany candidate as they ascend to the 4th floor of the training tower three times, completely stepping up and down one stair at a time (no skipping is permitted) then descend back down until event is completed. **MOVE TO THE NEXT EVENT.**

Event 2: Equipment Carry

This event is designed to simulate the critical task of carrying equipment from fire apparatus to the emergency scene and returning the equipment to the fire apparatus.

Candidate walks to the next event; picks up dumb bells weighing 25 LBS each from platform; carries the items 35 feet to marked location, do a 180 degree turn, and return them to the platform (70 feet total). **MOVE TO NEXT EVENT**

Event 3: Hand Line Advancement and Pull

This event simulates the critical task of advancing and pulling an uncharged hose line 100 feet to a designated area.

Candidate walks to the uncharged hand line starting point. Picks-up the nozzle and advances the hand line 50 feet then around the cone for another 50 feet to the large blue square at which point the candidate pulls the remainder of the hose back. **MOVE TO THE NEXT EVENT.**

Event 4: Forcible Entry

This event simulates the critical task of using force to open a locked door or to breach a wall.

Candidate walks to the forcible entry prop. Picks-up a 10-pound sledge hammer and strikes the forcible entry prop 10 times in the target area. **MOVE TO THE NEXT EVENT.**

Event 5: Victim Drag

This event simulates the critical task of removing a victim or injured partner from a fire scene.

Candidate walks to the hose mannequin "*the simulated victim*" utilizing the provided shoulder harnesses attached, drag the mannequin a total distance of 70 feet (going around a cone); returning to the start point; place the entire hose mannequin in the marked area. **MOVE TO NEXT EVENT**

Event 6: Search and Rescue Event

This event simulates the critical task of conducting a search in a zero visibility environment.

Candidate walks to the search prop starting point. Enters the prop makes his/her way in through the prop and exits safely. **MOVE TO THE NEXT EVENT.**

Event 7: Ladder Raise

This event is designed to simulate the critical task of raising single fly extension ladder from the ground to a building.

Candidate walks to the ladder and raises the ladder making contact with each rung until the ladder is upright against the building. A Proctor assistant will then secure the ladder from the candidate. **MOVE TO NEXT EVENT.**

Event 8: Ceiling Pull

This Event simulates pulling ceiling to check for fire extension.

Candidate will walk to the simulated and weighted bar and makes 10 pull and pushes.

**THE TIME STOPS AT THE POINT WHEN THE 10TH PULL IS COMPLETED
THE CANDIDATE PHYSICAL ABILITY TEST IS COMPLETE. MOVE TO
REHABILITATION AREA FOR POST ASSESSMENT AND MONITORING.**

PULLMAN FIRE DEPARTMENT
CANDIDATE PHYSICAL ABILITY TEST

Name: _____

Rank: _____

Date of Evaluation: _____

Completion Time: _____

Proctored by: _____

Signature: _____