



The **Physical Ability Test** is designed to test your ability to complete a series of firefighting activities while assessing your ability to effectively problem solve when physically exhausted.

There are eight stations, each of which represents an actual activity that a firefighter would normally be expected to perform at a typical emergency incident. Since the test involves the use of Fire Department equipment and is conducted while wearing full firefighting protective wear, only candidates who have attended the Department's Pre-Recruit Orientation Program are invited to take the Physical Ability Test.

The Physical Ability Test is a circuit event with candidates moving continuously from Station #1 to #8. Each station requires the successful completion of a task. Candidates are marked as either "Completed Task" or "Did Not Complete Task." A maximum time limit is set for each station. The test normally takes between twenty-five to thirty-five minutes to complete.

Each candidate entering the Orientation Program must submit a medical release form completed by their Physician. During the physical test, candidate's heart rates are continuously monitored. At any time the test may be terminated if the monitor indicates the candidate is experiencing undue stress.

The test is conducted wearing a Firefighter's helmet, turnout jacket, turnout pants, work boots and gloves. Stations #3 through #8 are conducted wearing a one hour Self-Contained Breathing Apparatus.



STATION	ACTIVITY	TIME LIMIT
Station 1	100 foot aerial ladder climb	5 minutes
Station 2	16 foot ladder raise (lift from truck, raise and climb)	4 minutes
Station 3 Tower Evolutions:	(a) Tower climb (16 flights up and down)	5 minutes and 20 seconds
	<b>Rest Break</b>	
	(b) Lower and raise roll of hose by hand	1 minute and 30 seconds
Station 4	(c) Window exit onto 35 foot ladder	1 minute and 30 seconds
	(a) Raise 3 inch hose up drying tower	1 minute and 30 seconds 40 seconds
Station 5 Hose Pull:	(b) Smoke ejector lift	
	Pull charged 1 ¾ inch line a distance of 100 feet	45 seconds
<b>Rest Break</b>		
Station 6 SCBA Evolution:	Wearing a blacked out face piece, the candidate crawls along a charged hose line, going over and under obstacles, finds the nozzle and returns to starting point.	5 minutes
Station 7	Victim Drag (60')	45 seconds
Station 8	Hose & nozzle coupling	1 minute and 30 seconds