

Firefighter Physical Ability

TASK 1 – STAIR CLIMB WITH LOAD – From the starting position, subject picks up a 51 pound hose pack (to shoulder or at chest height), climbs four stories, and drops the pack on the top landing. **(NO RUNNING ON STAIRS AND YOU MUST HIT ALL STEPS)** Subject then proceeds to Task 2, The Crawl Task.

TASK 2 – CRAWL – Subject enters the room just off the top landing, drops on hands and knees at the start/finish line inside the doorway, and crawls along a 36 ft. out-and-back course. Subject crawls forward through two 90 degree left turns, a 180 degree turn at the turn around point and two 90 degree right turns to return to the start/finish line by the doorway. Total crawl course distance is 72 feet. When the subjects' hands cross the start/finish line, the subject rises, exits the room and descends the stairs. At the bottom of the stairs the subject makes a 145 degree right turn and walks to Task 3, The Forcible Entry Task. **(NO RUNNING ON STAIRS AND YOU MUST HIT ALL STEPS)**

TASK 3 – FORCIBLE ENTRY / CHOPPING WITH AXE – Subject walks from tower about 15 feet to the Kaiser Force Machine. Subject will mount The Force Machine (facing in the direction he/she was walking), pick up the shot mallet and hit a 160 pound steel beam until it has moved 5 feet horizontally (the timer will tell the subject when this has been accomplished). For this task, the subject will use a 9 pound shot mallet. Once the beam has been moved the required distance, subject drops the mallet and walks to Task 4, The Charge Line Advance Task.

TASK 4 – CHARGED LINE ADVANCE - Subject walks from the Kaiser Force Machine to the nozzle end of an S- laid, charged 1 ¾ attack line. Subject lifts the hose and drags it (walking or jogging) 100 feet using an over the shoulder grip. Once the subject's feet cross the finish line, the subject drops the hose and moves to Task 5, The Victim Rescue Task

TASK 5 – VICTIM RESCUE - Subject walks from the Charge Line Advance about 61 feet to the traffic cones and turns right or left (depending on the location of the mannequin). From the center traffic cones, the subject walks 34 ½ feet to the mannequin approaching the 174 pound mannequin from the head end. The subject squats at the mannequin's head, places his/her hands under the mannequin's head/neck, raises the mannequin's torso into a sitting position. The subject grasps the mannequin by hooking both arms under the mannequin's armpits and clasps his/her hands in front of the mannequin's chest, if possible. Subject then lifts the mannequin using a "squat" type of lift involving his/ her legs and maintaining the natural curve of the back in a safe lifting motion. Once the subject has elevated the mannequin, he/she begins a rearward walking movement keeping the torso of the mannequin at chest level (with the mannequin's feet dragging on the ground) until the mannequin's feet are across the line, the subject drops the mannequin and the test ends.