



South Lane County Physical Ability Performance Evaluation

The Physical Abilities Test is designed to test a person's physical strength, muscular endurance, coordination and agility by performing basic physical tasks that firefighters will use throughout their career.

Passing this test demonstrates the applicant possesses the minimum physical ability level to perform the duties of a firefighter.

The allotted time to complete the test is 9 min. This allows the participant adequate time to complete all events by moving through them at a steady pace. Running is only permitted in the hose pull station. All events shall be completed as described below or a no pass score will be issued.

The participant shall wear full PPE and SCBA (approximately 45 lbs) without a mask during the duration of the test.

The applicant will be given the opportunity to observe the Physical Ability Test before the timed performance.

1. HOSE CARRY -

The participant shall carry a 60 lb hose bundle up the stairway of the training tower to the fourth floor, and descend back down to the ground floor. This is designed to test the ability to move equipment and tools in a multiple story building. Care should be taken to watch you're footing while climbing and descending the stairs.

The participant will then walk 130' to the next station.

2. HOSE PULL -

The participant shall pull an un-charged 1 ^{3/4}" hose and attached nozzle 130'. When the hose reaches 130', the participant will proceed 60' to a marked box and drop to one or both knees. The hose will then be pulled at a 90-degree angle until it becomes tight. This tests the strength and endurance needed to function on the fire ground. This is the only section of the testing in which the participant is allowed to run.

The participant will then walk 70' to the next station.

3. EQUIPMENT CARRY-

The participant will open the equipment compartment doors, place the chainsaw and circular saw onto the ground one at a time and then close the doors. The participant will then pick up both saws and walk 75' around a cone and back. The saws will again be placed on the ground and returned, one at a time, back into the appropriate compartment. This tests the strength and endurance needed to function on the fire ground.

The participant will then walk 115' to the next station.

4. LADDER LIFT-

The participant will raise the roof ladder hand-over-hand until the ladder rests on the wall of the training tower.

5. LADDER RAISE-

Moving to the next prop, the participant will raise the extension ladder using the halyard. The ladder will be raised completely to the top and lowered in a controlled manner. The halyard must be controlled at all times. If the candidate loses control of the halyard and the extension drops, the test will conclude and a no pass is issued. Stations 4 & 5 test the strength and ability to use ladders on the fire ground.

The participant will then walk 120' to the next station.

6. KEISER SLED-

Standing on the Keiser sled prop, the participant will strike the rail with a sledge hammer until it has been moved the length of the sled. Any "hooking" or pulling of the rail shall result in failure of the station.

The participant will then walk 95' to the next station.

7. DUMMY DRAG -

The participant will then drag the dummy around a cone and back for a total length of 75'. This tests the ability of the participant to rescue a victim from an emergency situation.

This ends the timed section of the physical ability performance evaluation.