



Physical Ability Test Events (8/3/15)

EMS Responder Candidate Events:

Event 1: Weighted Gurney Lift – With a partner to assist, candidates must lift and maneuver a gurney loaded with 165 to 210 pounds of weight used to simulate a patient. The gurney must be lifted from the ground position to the load position and then loaded into the back of an ambulance within **60 seconds**.

Rationale: This event determines the ability to lower and lift a gurney with a patient into an ambulance for transport as part of a two-person crew.

Event 2: EMS Equipment Carry – Candidates must lift and carry two standard medical kits and an Automatic External Defibrillator from the start line at the ground floor of the training tower to the stop line located on the training tower's fourth floor. Elapsed time for this event may not exceed **60 seconds**.

Rationale: EMS scenes often require responders to walk extended distances that may include hills, uneven ground, or stairs in order to gain patient access. This event determines the ability to carry standard EMS equipment to and from a patient's location.

Firefighter Candidate Events:

Event 1: Stair Climb – Candidates use a stair climbing machine with handrails on both sides to assist with mounting and dismounting. Candidates begin with a 20 second warm-up period at a pace of 50 steps per minute. During the warm-up period the rails may be used to establish balance and cadence. Candidates who fall or dismount during the warm-up must restart. A maximum of two restarts are allowed. The warm-up period transitions to the actual event where the pace increases to 60 steps per minute for 3 minutes.

Rationale: This event simulates the critical task of climbing stairs in full protective clothing while carrying a hose bundle or firefighting equipment. This event determines aerobic capacity, lower body muscular endurance, and the ability to maintain balance.

Event 2: Hoseline Drag – Candidates must grasp a nozzle attached to 200 feet of uncharged 1¾" hoseline; shoulder no more than eight feet of hose; drag the hose 75 feet to a prepositioned drum; then make a 90° turn around the drum and continue an additional 25 feet, stopping within the marked box. Candidates then must drop to at least one knee and pull the hoseline until the 50-foot marker crosses into the box. Elapsed time may not exceed **30 seconds** and candidates are permitted to run.

Rationale: This event determines the ability to perform the critical task of dragging uncharged hoselines from an apparatus and pulling them around stationary obstacles.

Event 3: Equipment Lift – Candidates must lift, one-at-a-time, eight (8) sections of rolled 2½" fire hose from a table, placing them on the ground. Candidates then repeat the process, placing the eight (8) hose rolls back onto the table. Elapsed time for this event may not exceed **60 seconds**.

Rationale: This event duplicates the ability to lower and lift fire department equipment at or above shoulder height.

Event 4: Hose Bundle Hose Carry – Candidates must pick up a hose bundle from the ground and place it on either shoulder. From a starting line, candidates must carry the bundle to the training tower's fourth floor; circle the cone; then descend the tower to the ground floor and immediately repeat the event a second time. Dropping the hose bundle at any time will be cause for disqualification. Candidates must maintain continuous motion, **completing the task without stopping**.

Rationale: Carrying hose is an integral part of fire ground operations.

Event 5: Breathing Apparatus Confidence Course – Candidates must don a breathing apparatus mask and walk through a course. Candidates must complete the course **without removing the mask**.

Rationale: This event duplicates functioning while wearing respiratory protection.

Event 6: Breathing Apparatus Mask Maze – Candidates must don a blacked out breathing apparatus mask and crawl through a maze. Elapsed time for this event may not exceed **five (5) minutes**.

Rationale: This event determines the presence and/or absence of claustrophobia.

Event 7: 35 Foot Ladder Climb – Candidates must climb the full length of a fully extended 35-foot extension ladder placed at a 75 degree climbing angle. Starting at ground level, candidates must climb the ladder in one continuous motion without stopping to rest. Candidates must ascend to the top and touch the top rung; then fully descend to the ground; and immediately climb the ladder a second time, touching the top rung, and descending to the ground. Elapsed time for this event may not exceed **two (2) minutes**.

Rationale: This event determines the presence and/or absence of acrophobia and the ability to maintain continuous movement toward an objective.