

### **Pullman Fire Department Physical Strength Agility test**

The Pullman physical strength and agility test consists of three separate parts which simulate essential job tasks at the fire scene. The test is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner allowing an approximately 85-foot walk between each event. To ensure the highest level of safety, no running is allowed between events. This walk allows you approximately 20 seconds to recover and regroup before each event. The candidate shall not stop for longer than 5 seconds during the timed part of the test. This is a pass/fail test based on a maximum time for each part.

In these events, the candidate shall be provided and wear a Self Contained Breathing Apparatus (SCBA) with no mask and a fire fighter protective coat, helmet and gloves. The candidate shall also be required to wear long pants or sweats and footwear with no open heel or toe.

Each candidate must sign a "Waiver and Assumption of Risk" prior to the beginning of the test. Each candidate will be called out one at a time.

Each candidate will have only one attempt at each part of the test. If the candidate fails to meet the minimum time limit for the station, then the candidate shall be stopped from further participation in the test.

### **Part 1. Physical Strength Test**

The first part is a Physical Strength test that consists of four continuous events. The candidate shall not  
Seven minute time limit, pass/fail. This time will be used as a tie breaker if necessary.

#### **Stair Climb and Hose Hoist**

The candidate shall shoulder carry a 50' bundle of 2 1/2" hose up to the 4th floor of the training tower and

## Physical Strength Agility Test

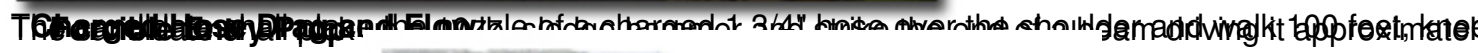
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[Physical Strength Agility Test](#) extended to 85 feet at a 70° angle. The candidate will start