

# PULLMAN FIRE DEPARTMENT

## Physical Strength/Agility Test

10-1-10

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 each test. Candidate will be given one (1) warning and shall be asked to stop if a second warning is given. This is a pass/fail test based on a maximum time for each part.

In these events, the candidate shall 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 to protect their legs.

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. The evaluator shall call out one (1) minute intervals to advise the candidate of the time limit.

### 1. Physical Strength Test

The first part is a Physical Strength test that consists of four continuous events.

#### Stair Climb and Hose Hoist

The candidate shall shoulder carry a 50' bundle of 2 ½" hose up to the 4<sup>th</sup> floor of the training tower and back 3 times hitting each step. On the third trip to the 4<sup>th</sup> floor the candidate shall drop the hose bundle, move to the window and using a rope, hoist a 50' roll of 2 ½" hose up to the level of the window sill and then lower it back to the ground using a hand over hand method. The candidate shall then pick up the 50' hose bundle and proceed back down the tower to the starting point and walk to the next station.

#### Charged Hose Drag and Flow

The candidate shall place the nozzle of a charged 1 ¾" hose over the shoulder and walk 100 feet, kneel, open the nozzle and spray water on a designated target. The nozzle will be shut off and placed on the ground and walk to the next station.

#### Forcible Entry Prop

The candidate shall pick up a 10 lb. sledge hammer and strike the end of a beam driving it approximately two feet and then walk to the next station.

#### Victim Drag

The candidate shall pick up a simulated victim under the arms and drag backwards 100 feet. The time of the Physical Strength Test will stop at the completion of this station. The candidate will then walk to the next station.

7 minute time limit, pass/fail. This time will be used as a tie breaker if necessary.

2. Search Tunnel Agility Test (2 minutes of rest maximum between stations)

The second part of the test is a Search Tunnel Agility Course in which the candidate shall crawl through a dark tunnel approximately 60 feet with two 90 degree turns. The candidate will have to navigate through the tunnel and over one obstacle. The time of the Search Tunnel Agility test will stop at the completion of this station. The time limit is generous and haste is not required. The candidate shall not stop for longer than 5 seconds during the search. The candidate will then walk to the next station.

3 minute time limit, pass/fail.

3. Aerial Platform Climb Agility Test (2 minutes of rest maximum between stations)

The candidate must climb an aerial platform extended to 85 feet at a 70 degree angle. The candidate will start at the level of the turntable, climb to the top of the ladder, touch the top rung, and return to the turntable. The time limit is generous and haste is not required. The candidate shall not stop for longer than 5 seconds during the climb. A rope belay and a safety belt will be provided during the aerial climb.

3 minute time limit, pass/fail.