

Fayetteville Fire Department Entry Level Physical Ability Test

In the Physical Ability Test, you will be asked to perform several tasks similar to those performed by firefighters on the job. These tasks are designed to test your strength, endurance, agility, ability to work at heights and working in confined spaces. The events and specifications for the test are as follows:

Requirements

Test Administrator

There will be a head Test Administrator who will have the final say regarding the success or failure of the Physical Ability Test for each candidate.

Identification

Candidates must bring photo identification issued by a government agency. I.D. is required to check in before taking the test.

Performance Requirement

Failure to complete any portion of the test as specified in this document will result in an applicant's withdrawal from the testing process.

During the timed events, the candidate will not be notified of the time or the time remaining. If the candidate runs out of time, testing personnel will stop the test and notify the candidate they have run out of time.

If a candidate fails because they run out of time or withdraw from the test, they will not be allowed to restart the test. This does not prevent the candidate from reapplying and taking the test at a future scheduled test date.

If the candidate cannot complete the test due to illness or injury, they will be withdrawn from the testing process. The candidate may reapply to take the test at a future scheduled test date.

Candidates may be granted a restart due to an unexpected equipment failure. Every precaution will be taken to prevent this situation. However, unexpected equipment failures do occur regardless of the precautions taken. In the case of an equipment failure, the candidate may choose to start the test over immediately or they will be allowed to rest and restart their test after the other candidates have finished testing.

Participants may walk only. No running or jogging is permitted when traveling between events.

Candidate Record

Upon completion of the test, candidates will be shown their *candidate record*. A candidate record form will show the time for the timed events, pass or fail of the un-timed events and the number of warnings the candidate may have received.

Waiver

Every applicant participating in the Fayetteville Fire Department Physical Assessment Test will sign a **Waiver of Claim of Injury**.

Withdrawal

If a candidate refuses to complete the test, they will be required to sign a notice of withdrawal. Candidates may reapply for future scheduled test date.

Clothing

Participants will wear appropriate clothing for strenuous physical work/activity. If, in the opinion of the test administrator, a participants clothing presents a safety issue, the test administrator will withdraw the applicant from the test.

Acceptable clothing would be:

- T-shirts,
- Athletic shoes
- Sweats

Examples of unacceptable clothing are:

- Excessively baggy shirts or pants
- Leather or slick soled shoes

Event 1 - Aerial Ladder Climb

Equipment

Candidates will wear the following safety equipment as provided.

- Helmet
- Gloves
- Rescue or Safety Harness

The candidate will climb to the top of a 75 foot ladder with the ladder positioned at a 70-degree incline. The candidate will perform this event while wearing a safety harness attached to a safety rope. The event will be completed when the candidate grabs the top rung, looks down, makes eye contact with the belay person and climbs down after confirmation of eye contact with the belay person. The belay person will signal by waving to the candidate when eye contact is made.

This is not a timed task. This task is a pass or fail event. If the candidate fails this event, the test will be stopped and the candidate will not be allowed to participate in the rest of the test.

The candidate will fail if they:

1. Do not reach the top and grab the top rung
2. Stop more than three times for more than 10 seconds each
3. Cause the safety crew to belay due to a fall
4. Refuse to complete the climb
5. Do not make eye contact with the belay person upon reaching the top.

Justification

Firefighters are often required to work above ground level on ladders.

After completing the first event, candidates will have time, as required, to doff the safety harness and don knee pads and a blacked out SCBA mask for the next event.

Event 2 – Blind Obstacle Maze

Equipment

- Helmet
- Gloves
- Knee pads
- SCBA mask. Mask will be blacked out to simulate vision limited conditions

The candidate will crawl and maneuver through a forty (40) foot long obstacle maze consisting of a variety of confined space obstacles. The event will be considered completed when the candidate completely exits the maze as required.

This is not a timed task. **The time limit for this event is three (3) minutes.** This task is a pass or fail event. If the candidate fails this event, the test will be stopped and the candidate will not be allowed to participate in the rest of the test.

The candidate will fail if they:

1. At any time take off the blacked out mask
2. Refuse to complete the crawl
3. Refuse to enter the maze
4. Must be rescued from the maze
5. Take longer than three (3) minutes to complete the task

Justification

Firefighters must be able to wear a mask for a Self Contained Breathing Apparatus (SCBA) and maneuver in confined spaces. SCBA is required to protect respiratory systems.

Timed Events

After event #2, the candidate will have **no more than 5 minutes** to doff the knee pads, rest and prepare for the following events. The rest period begins when the candidate completely exits the maze. Events #3 through #8 will be timed and performed without stopping. The candidate will be allowed no more than two warnings per event for events #3 through #8. Candidates may begin the timed events in less than 5 minutes if they choose. No extra consideration will be given if timed events are started early. If the candidate does not begin the timed events within the specified time, they will be withdrawn from the testing process. When the candidate has one minute of rest time remaining, testing personnel will notify the candidate.

Candidates must always walk from one event to another. Running between events is not allowed.

The Pass/Fail time for the timed events has been established at eight minutes 30 seconds (8:30).

Time will start when the candidate begins Event #3. Time will stop when the candidate finishes Event #8, runs out of time, or signals that they are discontinuing the exam. The Administrator may

also stop the test if it is believed the candidate is under severe physical distress that may require medical attention.

Equipment

For the events #3 through #8, candidates will wear the following equipment as provided.

- Gloves
- Fifty (50) pound weight vest to simulate the average weight of a firefighter's protective ensemble.

Event 3 – Stair Climb

Candidate will ascend and descend one flight of stairs consisting of twelve (12) steps eight (8) times. The candidate must walk up and down the stairs and not skip any steps. Contact with the handrail will be required at all times. A candidate may continue the test after a fall if they are able. No warning will be issued for a fall.

Warnings will be issued for the following:

1. Skipping steps
2. Pulling on handrail

The candidate will fail the event if the candidate cannot complete the event or if the candidate exceeds the two warning limit.

Justification

Firefighters must be able to climb and descend stairs while working in multi-story buildings.

Event 4 – Rolled Hose Lift & Move

Candidates will move six rolls of 2 ½ inch hose a distance of fourteen feet. The rolls will be moved, one at a time, from the ground, and set upon a bench or table. When all six rolls are on the table, the candidate will step back from the table one step. Candidates will then move the six rolls, one at a time, back to the starting position on the floor and place the rolls in stacks of two rolls as they found them. The candidate must stack the rolls evenly and neatly with each top roll not hanging over the edge of the bottom roll. Each must be set down without dropping or throwing the roll.

Warnings will be issued for the following:

1. Dropping or throwing the hose rolls.
2. Failure to stack the rolls neatly

The candidate will fail the test if they cannot complete the event or exceed the two warning limit for the event.

Justification

Firefighters must be able to lift heavy equipment and place where needed.

Event 5 – Keiser Sled

The candidate will walk to the Keiser Sled, mount it and strike the weight from one end to the other as directed, with the hammer provided. At no time will the candidate's hands go above their head. Overhead swings are also not allowed. This is for your safety. The candidate shall not strike and pull or push on the weight in order to move the weight. An evaluator will notify the candidate when to stop and when the candidate may proceed to the next event.

Warnings will be issued for the following:

1. Swinging the hammer in an overhead swing
2. Sliding hands on the handle
3. Pulls or pushes the weight with the hammer

The candidate will fail the test if the candidate cannot complete the event or if the candidate exceeds the two warning limit for the event.

Justification

Firefighters are required to be able to use a variety of tools that are used to penetrate or strike an object.

Event 6 – Hose Pull & Hydrant Hookup

The candidate will walk to station 5 for the Hose Pull & Hydrant Hookup. The candidate will enter the square painted on the concrete next to the fire hydrant. The candidate will pull one hundred (100) feet of 2 ½ inch hose, hand over hand and pile it in the square. The candidate cannot go outside of the square to perform the task. All hose must be within the square.

The candidate will then remove a small cap from the fire hydrant with their hands. The candidate will then thread on a coupling from the hose onto the hydrant. The coupling will be threaded on until it cannot be turned by hand. The candidate will then remove the coupling by hand and replace it with the cap that was initially removed. The cap must be threaded completely on until it stops. When the candidate has completed the task, they will walk immediately to the beginning of Event 6.

Warnings will be issued for the following:

1. Going outside the square.

The candidate will fail the test if they cannot complete the task or exceeds the two warning limit for the event.

Justification

Firefighters must have adequate upper body strength and endurance to pull hose, and possess ability to align hose fittings and similar connections.

Event 7 – Dummy Drag

Events 6 and 7 must be performed consecutively. The candidate must drag a Rescue Mannequin weighing 185 pounds with both hands. The candidate must drag the dummy fifty (50) feet. There will be straps and a harness on the dummy that the candidate may use. The dummy must not be picked up and carried. The event will end when the feet of the dummy cross the line.

The candidate will not fail if they fall down. The candidate must be able to get back to their feet on their own and without assistance. If the candidate falls down, they must get up within 20 seconds and continue the event. If they are unable to get up within 10 seconds, this will be considered a pause and a warning will be issued.

The candidate will be allowed to pause during this event if needed. If the candidate pauses for longer than 10 seconds, the evaluator will give a warning. The candidate will receive only two (2) warnings.

Warnings will be issued for the following:

1. Pausing for more than 10 seconds

The candidate will fail the test if they pause for more than 15 seconds, the candidate cannot complete the event, or if the candidate exceeds the two warning limit for the event.

Justification

The primary duty of a firefighter is to rescue people. A firefighter must be able to move an unconscious adult size person.

Event 8 – Charged Hose Advance

Upon completion of the dummy drag, the candidate will immediately pick up a nozzle connected to a charged 1 ¾ inch hose. The candidate will advance the line fifty (50) feet. When the nozzle of the charged line crosses the finish line, timing for the timed events will stop. The candidate will not drop the nozzle. They will bend over or squat and lay the nozzle on the ground.

Warnings will be issued for the following:

1. Stopping for more than 10 seconds.
2. Dropping the nozzle at any time, even after the time has stopped.

The candidate will fail the test if they pause for more than 20 seconds, the candidate cannot complete the event or if the candidate exceeds the two warning limit for the event.

Justification

Firefighters must be able to advance a charged hose line.

Time for timed events will stop when the candidate completely crosses the finish line at the end of this event. Candidates will have the opportunity to go to the Rehabilitation.

Rehabilitation

After the final event the candidate will proceed to the Rehabilitation area. The candidate will be allowed to cool down and recuperate from the exam.

Participants are encouraged to walk or otherwise keep moving while recovering.