



WEST CARROLLTON FIRE DEPARTMENT



Physical Ability Test for Fire Division Candidates

Name: _____

Date: _____

1. All events will be read individually to each candidate before starting that particular event.
2. The events will be demonstrated by the test administer or his assistant prior to the candidates attempt if the candidate so desires.
3. All events must be completed within the given time frame.
4. All events of the physical ability test must be passed by the candidate to be considered for employment by the West Carrollton Fire Department.
5. If an event is failed, the candidate will be disqualified.
6. Candidate shall have no more than 5 minutes between each station.

1. <input type="checkbox"/> pass <input type="checkbox"/> fail	Candidate must be able to walk on Stairmaster for 3 minutes and 20 seconds while wearing a 75 lb. weighted vest. This is done at a pace of 60 steps per minute. This must be done without grasping and holding the safety railing for an extended time. The railing may be used to restore balance shall the candidate need to do so. The event, once started, must be completed without dismounting the Stairmaster during the test.
2. <input type="checkbox"/> pass <input type="checkbox"/> fail	Candidate must be able to raise and lower 50' of 2 1/2" hose, hand over hand, with no jumping. While lowering the hose, the candidate shall control the rope so the hose does not fall while it is descending. The event, once started, will be completed without stopping.

3. <input type="checkbox"/> pass <input type="checkbox"/> fail	Candidate must be able to raise an 18' straight ladder which will be lying on the ground against a building and place the ladder in an upright position. The candidate, after raising the ladder, will lower the ladder to its former position. The event, once started, will be completed without stopping.
4. <input type="checkbox"/> pass <input type="checkbox"/> fail	Candidate must be able to move the metal block on the Keiser Machine from end of the track to the other. The applicant will use the plastic sledge hammer to strike the metal block. The event, once started, will be completed without stopping.
5. <input type="checkbox"/> pass <input type="checkbox"/> fail	The candidate, must be able to drag a mannequin weighing 145 lb. 80'. The drag, once started, will be continuous without stopping.
6. <input type="checkbox"/> pass <input type="checkbox"/> fail	Candidate must follow a hose line with the face piece covered. The candidate must follow hose line path and successfully find their way out. The course, once started, will be completed without stopping.
7. <input type="checkbox"/> pass <input type="checkbox"/> fail	Candidate must be able to safely lift, and carry a high rise hose pack and circular saw. Candidate will carry both items a distance of 80' without stopping or lowering either item to the ground. When the candidate has completed the 80' walk he/she must lower each item safely to the ground. The event, once started, will be completed without stopping.

Note: This test promotes the strength needed which the candidate will use while engaged in fire or rescue work. Test also promotes flexibility and endurance. Test results will be kept in applicant's file.