

## Fire Physical Agility Test



Simulated Roof Ventilation: Utilizing the Keiser sled the candidate will strike the sled with the provided dead blow hammer, moving the sled the designated distance.

Procedure: While standing on two runners, the applicant will strike the sled to the pre-determined distance.



Ladder Carry: The candidate will remove a one-person ladder from the height equivalent of a fire engine, place it on the ground, and replace same.

Procedure: The applicant will approach a fire engine (or its height equivalent), remove a ladder, and replace same when directed to do so.



**Hose Extension:** Given a dry 200' length of hose, the candidate shall drag the hose for a distance of 200'.

**Procedure:** The applicant will approach 200 feet of dry 2-1/2" fire hose and nozzle which is in an extended accordion fold and grasp same. The applicant then moves forward until the entire 200 feet of hose is stretched out.



**High-Rise Pack Carry:** The candidate shall advance a simulated department high-rise pack for a pre-determined distance while ascending and descending stairs.

**Procedure:** A high-rise pack is placed on a stand, which is approximately the same height as on a fire engine. The applicant picks up the high-rise pack from the stand and carries the pack a pre-determined distance while ascending and descending stairs.



Hose Raise: Given a section of 3 inch hose, the candidate shall demonstrate the ability to raise the hose a designated height and place it in the designated area.

Procedure: The applicant shall approach the edge of the railing and grasp the rope attached to the section of hose. Using the hand over hand method they will raise the hose in a controlled manner and then lift it over the railing. They will then place the hose in the designated area.



Body Drag : Given a simulated fire victim with a weight of approximately 160 lbs. (rescue dummy), the candidate will drag same for a distance of 120 feet.

Procedure : The applicant will approach the rescue dummy and drag same 120 feet to the finish line.