



# Princeton Fire Department

100 Courthouse Road \* Princeton, WV 24740



## Candidate's Informational Copy

### Firefighter Physical Ability Testing Standards

#### Ladder Climb (Individual Event)

Pass\_\_\_\_\_ Fail\_\_\_\_\_

The candidate shall climb an aerial apparatus at a 70-degree angle extended to 100 feet. The candidate shall use a 3-point contact with the ladder at all times and climb to the tip of the ladder. If at any time, the candidate fails to climb the entire length of the ladder, use unsafe ladder climbing practices, or would need assistance, this would constitute a failure. The candidate will be provided a safety harness and shall be connected to a rope safety system in case of an emergency. If at any time the safety system is used to prevent a fall, this will constitute automatic failure.

This is not a timed event. **This event is pass/fail.** Successful completion of the ladder climb will permit a candidate to advance to the physical ability test.

#### Physical Ability Test (8-minute time limit)

##### 1. Dummy Drag Pass \_\_\_\_\_ Fail\_\_\_\_\_

The candidate shall grasp a dummy, weighing 165 pounds, under the arms and drag it 40 feet toward a barrel, make a 180° turn around the barrel, and proceed to the finish line. The entire dummy shall cross the finish line and you will then be directed to the next station. You are permitted to stop and readjust your grip on the dummy once. Any additional stops for readjustment are not permitted and will constitute an automatic failure. If at any time the dummy is dropped, this will constitute an automatic failure.

2. Stair Climb and Hose Pull Pass\_\_\_\_\_ Fail \_\_\_\_\_

The Candidate will proceed to the bottom of the Tower stairs, pick up a married tool set and carry it to the top landing of the tower. While climbing the stairs, all steps going up shall be touched and no skipping of steps is permitted. Handrails will not be used to pull the candidate up the stairs. Handrails may be used to maintain your balance but will not to be used as an aid to climb the stairs. Once on the top landing, the married tool set is to be laid down. Using the hand-over-hand method, he/she shall grasp the rope and pull one (1) rolled 50-foot section of 2.5-inch hose to the top landing, lift the hose over the railing, and set the hose on the landing. The Candidate must then pick up the married tool set and, touching each stair on the way down, return the tool set to the place where it was picked up. Use of the handrails is permitted while descending the stairs. If at any time he/she loses their grip on the rope or fails to return to the bottom of the stairs without the tool set, this will constitute an automatic failure.

3. Flat Ladder Raise Pass\_\_\_\_\_ Fail\_\_\_\_\_

Using a 20-foot roof ladder lying on the ground, the Candidate will use the hand-over-hand method to raise the ladder by walking forward and then touch the tip of the ladder to the Tower. Once the ladder touches the Tower, he/she will walk backwards using the hand-over-hand method and lay it back on the ground. Each rung must be touched during both raising and lowering of the ladder. If any ladder rung is skipped, the ladder is dropped, or the ladder does not touch the Tower completely, these will constitute an automatic failure. (A safety rope will be attached to the ladder to prevent accidental injury).

4. Extension Ladder Raise Pass\_\_\_\_\_ Fail\_\_\_\_\_

A 24-foot extension ladder will be secured to the Tower. The Candidate will grasp the halyard rope and pull the top fly up until it stops. He/she will then lower the top fly back to its original starting point. If at any time the Candidate loses his/her grip or fails to maintain control of the ladder and the top fly is dropped, this will constitute an automatic failure.

5. Hose Drag Pass \_\_\_\_ Fail \_\_\_\_

The Candidate will grasp the nozzle of an uncharged 2.5-inch hose line and drag the hose along the designated path to the marked area on the asphalt. Running is not allowed. At this marked area, he/she will drop to one knee and, while keeping their knee within the marked box, pull an additional 25 feet of hose to the box. If at any time he/she fails to follow directions or complete this station, it will constitute an automatic failure.

6. Bucket Removal and Replacement Pass\_\_\_\_ Fail\_\_\_\_

The Candidate will proceed to a 48-inch platform and remove two (2) five (5) gallon buckets of firefighting foam from the platform. He/she will walk with the buckets along the designated path and return both buckets to the platform. Buckets are allowed to touch the ground at the base of the platform. Once the candidate has started walking, if he/she drops a bucket, sets a bucket on the ground to readjust their grip, or fails to complete this station, it will constitute an automatic failure.

7. Tire Flip Pass\_\_\_\_ Fail\_\_\_\_

The Candidate will grasp the tire with both hands, raise one end up off the ground and flip the tire to its opposite side. Then the candidate will walk around the tire, grasp the opposite side, and flip it back to its original position. The tire will be flipped a total of six (6) times. If at any time he/she fails to complete this station, it will constitute an automatic failure.

8. Forcible Entry Pass\_\_\_\_ Fail \_\_\_\_

The Candidate will use an eight (8) pound sledgehammer and, while crouched on both knees, strike a wooden block twenty-five (25) times. If at any time the candidate loses his/her grip on the hammer or fails to complete this station, it will constitute an automatic failure.

9. Maze Pass\_\_\_\_ Fail\_\_\_\_

The Candidate will enter the maze through the door on the right side, crawl the designated pathway in the dark, and exit out of the opposite door from where he/she entered. No flashlights shall be used. If at any time he/she fails to complete this station, it will constitute an automatic failure.

## **General Information and Instructions:**

- No open toe or heel shoes will be allowed.
- Shirt and long pants are required, NO SHORTS.
- No Jewelry (except wedding bands) will be allowed.
- All candidates will be required to wear leather gloves that will be provided for you.
- Each candidate will wear a 45-pound weight vest during the physical ability test. (Vest will not be used on the ladder climb)
- Two stop watches will be used to keep time. One of these will be designated as the official time. This is to ensure accurate timing in the event that a watch should fail.
- A maximum of eight (8) minutes will be given to successfully complete the physical agility test. This portion of the test shall be graded by the fastest time receiving 100 points. 2 points shall be deducted for each concurrent score in line to the slowest time. If at any time the candidate fails to complete the course within the 8-minute time limit, or fails an individual station, the candidate will be dismissed and not permitted to continue the testing process.
- Any complaints shall be handled on the day of the test and should be directed to the Civil Service Commissioners who will be present at that time. All decisions rendered by the Commissioners shall be final.