



Firefighter Physical Capability Testing

Name: _____

Vital Signs:

Starting HR _____

Starting BP ____ / ____

Starting O2 ____%

Final HR _____

Final BP ____ / ____

Final O2 ____%

5 Stations:

All stations are pass/fail. Time completions will be noted on each evolution.

The candidate/personnel will be in 50-pound weight vest, helmet, eye protection and gloves

Station 1

Search Simulation

Location: *Apparatus Bay*

PPE: *Full PPE with SCBA*

5 cones will be placed out for a path to follow. Firefighter must crawl from cone to cone until reaching the 5th cone. At the 5th cone the firefighter will demonstrate a confined space crawl, upon exiting the will locate a rescue dummy which will be dragged 100 feet. There is no time limit on this evolution.

Station Fail:

1. Failure to successfully drag the manikin the full 100 feet
2. Failure to crawl through the confined space tube

Pass / Fail

Station 2

Hose Simulation

Location: *Apparatus bay*

PPE: *Full PPE with SCBA*

Load a hose pack on the SCBA of the participant, they will climb from the basement to the top flight 2 full times, at the completion of the 2nd time they will leave the hose pack at the bottom and proceed to the apparatus bay, they will grab the charged hose line and deploy it fully and shoot at a target. Current employees will be on air, potential employees will carry an SCBA.

Station Fail:

1. Failure to complete the stair climb
2. Inability to drag the 100 feet of charged 1 ¾ hose

Pass / Fail



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Station 3

Ladder Simulation

Location: Apparatus Bay

PPE: Full PPE with SCBA

Remove a 24-foot extension ladder from the back of a selected engine, carry it to the outside of the building. Place the ladder on the ground in the proper position and raise the ladder. Extend the rungs to 3 to 5 above the roof line, check the climbing angle, climb the ladder and return to the ground. There is no time limit on this evolution.

Station Fail:

1. Failure to raise the ladder
2. Inability to climb to the roof line

Pass / Fail

Station 4

Endurance Test

Location: Station 2 Fitness Room

PPE: Gym Clothes

Using the Jacobs ladder, climb 100 feet under:

1 min 30 sec Passing Time

Actual Time: _____

Station Failure:

1. Time greater than the allotted time

Station 5

Mobility Test

Location: Station 2 Fitness Room

PPE: Gym Clothes

Candidate/Employee will demonstrate the following

- Feet together, reach down towards your toes
- Spread your feet shoulder width apart reach for each foot
- High Plank (Push up position feet spread) Raise one arm and hold for 5 seconds, then the other
- Standing tall Hug 1 knee to your chest for 5 seconds, then the other
- Arms extended over your head squat as low as you can and return up

Station Failure:

1. Inability to demonstrate the list mobility exercise

Pass / Fail