



Physical Ability Test



The Longview Fire Department's physical ability test is designed to measure an applicant's physical ability through a combination of timed exercises utilizing job specific functions.

This event will be scored as pass/fail. Applicants will not be ranked based on performance for this event.

These tasks will be performed while wearing protective firefighting gear, including helmet, coat, gloves, and SCBA. Applicants will not be required to wear firefighting (bunker) pants or boots.

The following is a description of the tasks that must be completed in **SEVEN (7) MINUTES OR LESS**. This 7 minute maximum will include any added penalties. Applicants must complete all the exercises listed.

Applicants desiring to challenge the course a 2nd time in order to achieve a passing time may do so after all scheduled applicants have completed their test. At no time will an applicant retest if a medical condition halted their initial attempt.

1) LADDER EXTENSION

- **Requirement:** Applicants must fully raise (extend) & top (fly) section of a 35' extension ladder then safely lower it completely by using the attached rope (halyard).
- **Procedure:** The applicant will fully extend and lower the fly section of the permanently fixed 35' ladder by either of the demonstrated hand-over-hand methods. A penalty of ten (10) seconds will be added to an applicant's total time if the halyard slips and the top section falls a distance of three (3) or more rungs. Both of the applicant's feet must remain in contact with the ground at all times while raising and lowering the ladder.
- **Job Relatedness:** A firefighter must have the ability to safely extend and lower standard fire service ladders of various lengths (24' & 35') at emergency scenes. This ladder extension is performed by one person using the hand-over-hand method. Allowing the halyard to slip through the hands is unsafe and could result in personal injury and/or damage to the ladder.

2) CLIMBING

- **Requirement:** Climb (ascend) a standard fire service ladder to a third floor window.
- **Procedure:** Applicant will ascend a standard fire service ladder to a third floor window, enter the window and proceed down a fire escape stairway.
- **Job Relatedness:** Firefighters are required to ascend and descend ladders as a part of their firefighting duties. Firefighters are required to perform duties of firefighting and rescue from elevated heights.

3) FIRE HYDRANT OPERATION

- **Requirement:** Perform eight (8) revolutions of a fire hydrant valve stem using a wrench.
- **Procedure:** While standing in a designated location, the applicant must perform eight (8) complete revolutions of the hydrant valve stem with the attached hydrant wrench.
- **Job Relatedness:** Firefighters are required to operate fire hydrants during emergency firefighting operations. While most hydrants begin flowing water after approximately six (6) turns of the stem, it usually requires about twenty (20) full turns to completely open the hydrant valve. Fire hydrants require an average of 80 lbs. of twisting force through the first eight (8) turns of the valve stem. The firefighter must remain standing away from appliances or connections that could become dislodged by a sudden surge in water pressure.

4) HOSE DRAG

- **Requirement:** Drag 200' of dry 2 ½" fire hose a distance of 175'.
- **Procedure:** Applicant will lift the hose at the connected coupling, place on his/her shoulders, and drag the hose.
- **Job Relatedness:** 2 ½" fire hose is used at many fire scenes. Firefighters are often required to drag lengths of hose up to 200" for firefighting purposes.

5) SIMULATED ROOF VENTILATION

- **Requirement:** Complete a simulated roof cut with a chain saw.
- **Procedure:** While standing on a ground level pitched roof, the applicant must perform 3 crank pulls on a chainsaw and simulate cutting a 4'x 4' opening. Applicant must follow demonstrated procedure.
- **Job Relatedness:** In order to effectively ventilate the roof of a small (40' x 60') building, the firefighter may be required to cut a 4'x 4' opening using a chainsaw. For this simulation the saw will be disabled so that it cannot be started.

6) ATTIC CRAWL

- **Requirement:** Applicant will proceed through a ground level attic prop.
- **Procedure:** Applicant will travel the length of an attic and return to the point of entry. Applicants must ring a bell placed at the far end of the prop before returning. A ten (10) second penalty will be added to the applicant's time for each violation where a part of the body drops below the lower border of the rafters.
- **Job Relatedness:** Proceeding through attics and confined crawl spaces in turnout gear is a routine part of a firefighter's duty. In order to reach attic fires or to check for fire extension the firefighter may need to enter the attic and crawl to remote locations. Allowing a hand or foot to drop below the lower border of a rafter could damage ceilings or injure the firefighter.

7) LADDER HANDLING

- **Requirement:** Remove a 14' ladder from a fire engine rack, carry it a distance, and replace it on the rack.
- **Procedure:** The applicant will approach a 14' ladder which is mounted on a fire engine rack. The ladder must be removed and carried to the designated location, make one complete rotation, and replace the ladder on the rack from which it was removed. A penalty of ten (10) seconds will be assessed if the ladder is dropped, touches the ground, or is allowed to touch any red painted surface of the fire engine.
- **Job Relatedness:** Ladders carried on engine companies are mounted off the ground. An individual must have the ability to reach and maneuver these ladders at the scene of an emergency without damaging the ladder or the fire engine.

8) BAG DRAG

- **Requirement:** Drag a 140lb sand bag 20'.
- **Procedure:** Applicants must drag a 140lb sand bag 120' to the finish line as quickly as possible.
- **Job Relatedness:** When performing a rescue in a fire situation, most adults are not carried from the building, but rather, the firefighter drags them. To remove the victim to a safe location, it is not unusual to travel a distance of 120' or more. This task is commonly completed by one firefighter.

9) SMOKE FAN CARRY

- **Requirement:** Lift & carry a 65lb smoke ejector (fan) a distance of 50'.
- **Procedure:** Applicants will carry the ejector to the finish line. A ten (10) second penalty will be added to applicants overall time if they stop or place the smoke ejector on the ground before crossing the finish line.
- **Job Relatedness:** Smoke ejectors are required at structure fires for the purpose of ventilation procedures. Firefighters routinely carry smoke ejectors and other equipment a distance of 50' or more.

10) HOSE & AXE CARRY

- **Requirement:** Applicant will lift and carry a 50' hose accordion fold and axe a distance of 50'.
- **Procedure:** Applicants will do as stated above as quickly as possible.
- **Job Relatedness:** Additional fire hose and equipment are sometimes needed at the fire scene.

11) LOADING A PATIENT IN AN AMBULANCE

- **Requirement:** Applicant will load an ambulance stretcher into an ambulance.
- **Procedure:** While standing on the ground, the applicant will lift the foot end of an ambulance stretcher and load the stretcher into a parked ambulance. The rear doors of the ambulance will be open, the head of the stretcher will be resting on the ambulance floor and secured to the safety hook. An assistant will lift the stretcher undercarriage. The stretcher will be weighted with a 165lb manikin. This exercise will be complete only after the stretcher is loaded and secured with the safety latch.
- **Job Relatedness:** Firefighters are required to package and move patients using a variety of tools including an ambulance stretcher. As this is normally a team maneuver, the applicant will be assisted by an exam proctor in lifting the stretcher undercarriage.