CITY OF CORSICANA
CIVIL SERVICE COMMISSION

PHYSICAL ABILITY TEST

For

RECRUIT FIREFIGHTER

Revised 1/27/2015

Requirements for participating in the Physical Ability Test:

1. You are required to wear long pants. Shorts are not allowed.
2. You are required to wear rubber soled shoes that you provide. You will be performing task that require agility, strength, coordination, balance and stamina. You will also be performing in various conditions including advancing a charged hose line on wet pavement or cement, so chose your footwear accordingly. Any style of footwear is permitted as long as it has a rubber sole.
3. You will be provided with a Firefighting Coat to wear during the Test. You must wear the coat provided.
4. You will be provided with a Self-Contained Breathing Apparatus to wear during the Test. It will consist of the harness and air bottle only. You will not be wearing the mask.

INTRODUCTION

The tasks involved in the physical ability test will test several different aspects of your physical ability such as agility, strength, coordination, balance, stamina, hearing and speech. Your will be timed on each of the first five tasks, and you will have only one chance to perform each task. The total accumulated time for the first five tasks must not exceed 305 seconds. Your ability to perform the first five tasks within the prescribed time limit and your ability to satisfactorily perform the sixth task will determine whether you pass or fail the Physical Ability Test.

You will be walked through all of the tasks before performing them in order for you to become familiar with them. You will be allowed up to 2 minutes to rest between performing the first 3 tasks, and up to 4 minutes between the last 2 tasks. As you walk through the test for practice, and before you take it, please be prepared to ask any questions you may have about the tasks you will perform. Failure to complete one of the tasks constitutes failure of the entire test.

In preparation for the Physical Ability Test for the position of Recruit I Firefighter it is advisable to:

- Eat a well- balanced meal early in the day of the examination.
- Have gotten a good night's rest.
- Have done some sort of physical conditioning in preparation for the examination.

This is a long and strenuous examination and it is highly advisable that applicants follow the above suggestions and read this pamphlet thoroughly.

TASK 1
LADDER HANDLING

The first task has three parts. The ladder is a Fire Department roof ladder. The task is performed in the following manner:

1. When you are given the signal, remove the ladder from the hooks on the side of the roof, carry it around to one side of the roof, slide it up the roof hand over hand, and hook the ladder over the peak of the roof.

2. Climb up the ladder, get off the ladder and sit on the peak of the roof, straddling it sideways. Pull the ladder up, turn it around and hook it over the other side of the roof, then climb down the ladder (you need not step on every rung.)

3. Unhook the ladder, turn it on its side and slide it down the roof hand over hand until you can grab the ladder in the middle. Pick up the ladder, carry it to the stands and place the ladder **HOOKS DOWN** on the stands.

This is the end of the first task. The timing will start when you touch the ladder, and will stop when you let go of the ladder at the end of the task. Many people complete this task in 38 - 78 seconds. The ladder weighs approximately 40 pounds.

You have up to 2 minutes to rest before performing the next task.

TASK 2
AGILITY

The second task has four parts. They are performed in the following manner:

1. When you are given the signal, step up unto a ladder rung and walk the length of the ladder on the rungs, not the beams. You need not step on every rung. Step down, pick up the ladder and place it back on the hooks on the side of the roof, hooks away from you.

2. Climb through the rafters underneath the roof and proceed to the nearest end of the concrete culvert.

3. Crawl through the concrete culvert and run to the end of the roof.

4. Run up that side of the roof, then down the other side.

This is the end of the second task. The timing will start when your foot touches the ladder at the beginning of the task and will stop when your foot touches the ground as you run down the roof at the end of the task. Many people complete this task in 25 – 49 seconds.

You have up to 2 minutes to rest before performing the next task.

TASK 3
HOSE ADVANCE

The third task has only one part. The equipment consists of two (2) 50 foot sections of 1 3/4" fire hose and an adjustable fire nozzle pumped at 110 p.s.i. pump discharge pressure. The task is performed in the following manner:

> Pick up the fire hose (before the task begins the examiner will allow you to open the nozzle in order to get a feel for the pressure). When you are ready to begin, the examiner will instruct you to open the nozzle fully on straight stream and then advance the spraying hose 75 feet to the point indicated by the painted line. The stream must be directed forward of your body at all times. At that point close the nozzle, return the nozzle as quickly as possible to the original starting point and place the nozzle on the ground.

This is the end of the third task. The timing will start when you cross the painted line at the start of the task and will stop when you cross the same painted line at the end of the task. Many people complete this task in 23 – 37 seconds.

You have up to 2 minutes to rest before performing the next task.

NOTE: If you fall and are able to get back up while at all times keeping the stream under control and forward of your body you will be permitted to continue. Losing control of the nozzle or allowing the stream to go behind your body constitutes failure of the task. Closing the nozzle at any time before reaching the point indicated or moving it from a straight stream constitutes failure of the task. Based on safety concerns, it will be at the discretion of the proctor if the evolution will be continued or discontinued.

TASK 4
DUMMY CARRY

The fourth task has two parts. The equipment consists of a weighted bag that weighs approximately 100 pounds. The task is performed in the following manner:

1. When you are given the signal, lift the dummy **BY THE HANDLES** using one or both hands, only. Carry it up the stairs using one or both hands only to the point indicated by the painted

"X", place the dummy on the ground – **DO NOT DROP IT**. You have up to 4 minutes to rest before performing the second part of the test.

2. When you are given the signal, lift the dummy **WITHOUT USING THE HANDLES** and carry it back down the stairs and place it gently on the ground at the original starting point indicated by the painted "X". Again, **DO NOT DROP THE DUMMY**. (You may carry the dummy in any manner you wish without using the handles. Most people carry it over their shoulder, use a bear hug, or carry it like a baby.)

This is the end of the fourth task. The timing will start when you touch the handles of the dummy and will end when you place the dummy on the ground in the first step. It will begin again when you touch the dummy to bring it down the stairs and will end when you place the dummy on the ground at the end of the task. Many people complete both parts of this task in 40 – 64 seconds, not including the rest period.

NOTE: Allowing the dummy to touch the ground or stairs at any point between the "X's" or dropping the dummy on either of the "X's" constitutes failure of the task.

You have up to 4 minutes rest before performing the next task.

TASK 5
HOSE DRAG

The fifth part has three parts. The equipment consists of three (3) 50 foot sections of 3" fire hose. The task is performed in the following manner:

1. When you are given the signal, run to where the first and second sections of hose meet and couple the two sections together <u>firmly</u>. Then run to where the second and third sections of hose meet and couple the two sections together <u>firmly</u>. Then run to the end of the third section of hose.

2. Pick up the end of the hose and drag all three sections of hose in a straight line 50 feet to the point indicated by a post at the end of the course and place the end of the hose on the ground.

3. Run back the entire length of the hose and drag all three sections of hose 50 feet back to the original starting point. (You may drag the hose in any manner you wish. Most people hang about 3 feet of hose over their shoulder in front of them and pull forward. Some people turn sideways and pull the hose.)

This is the end of the fifth task. The timing will begin when you are given the signal and will end when you have dragged the hose back to its original position. Many people complete this task in 67 – 133 seconds.

TASK 6
VERBAL COMMUNICATIONS

The sixth and final task, which is not timed, has 3 parts and will be performed when the applicant has recovered from the exertion of the previous tasks. This task is to be performed in the following manner:

1. When given the signal, proceed to the designated location with a portable radio.
2. Answer the question asked by the examiner using the radio.
3. Return the radio to the examiner.

If you can hear the radio message and your verbal response is understood by the examiner, you have satisfactorily passed this task.

PERSONAL HISTORY

All applicants who pass the Physical Ability Test will remain at the test site until given a Personal History packet that is to be filled out and returned to the Civil Service Director by the date indicated in the instructions. The Physical Ability Test is quite strenuous and all applicants are encouraged to remain at the test site until they have fully regained their strength.