

# FLINT HILL FIRE DISTRICT

## PHYSICAL ABILITY TEST MEDICAL RELEASE

This form must be completed by the applicant and a licensed medical professional prior to reporting for a Physical Ability Test.

### **Applicant:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
Street (PO Box) City State ZIP

### **Medical Professional Statement:**

In my medical opinion the above named person will be able to perform the Physical Ability Test required by the Flint Hill Fire District without physically harming themselves. With my signature I hereby acknowledge receiving a description of the test in sufficient detail to make this determination.

\_\_\_\_\_  
Medical Professional Signature

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Medical Professional Office Address

\_\_\_\_\_  
Medical Professional Office Phone

# FLINT HILL FIRE DISTRICT

## PHYSICAL ABILITY TEST OVERVIEW

Firefighting is an occupation that from time to time requires extreme physical exertion in compressed time frames, sometimes under life or death conditions. The purpose of the Physical Ability Test is to determine if a participant has the capability of meeting the physical demands of the job.

There are two components used in scoring – a participant's ability to successfully complete a task and the amount of time it takes to complete the entire test. A participant must successfully complete every task and complete the test in 8 minutes or less in order to pass.

- Participants will wear close toed shoes, long pants, tee or long sleeve shirt, gloves, helmet and a 40 lb. weight vest or SCBA during the test. FHFDF firefighters will wear full turnout gear and SCBA during annual testing.
- Participants will be screened by medical staff before and after the test, and during the test as necessary. Decisions of the medical staff as to the fitness of a participant to continue are final.
- A proctor will monitor each participant and direct them through the course. If a proctor feels a participant is unable to continue for any reason the proctor will terminate the test immediately and escort the participant to medical attention.
- Times will be kept by 2 timekeepers with the fastest time being recorded.

The test is broken into two parts encompassing 8 tasks. Part One contains 2 untimed tasks. Part Two contains 6 timed tasks.

### PART ONE

**Task 1 – Tread Mill:** 3-minute walk at 3 mph with a 10% incline after a 20 second warm up.

**Task 2 – Ladder Climb:** Climb a 24 ft. extension ladder, tap a target with one hand, climb back down.

### PART TWO

**Task 3 – Hose Drag:** Drag 200 ft of uncharged 1.75" hose 100 ft. around a barrel and stop in a designated area. Drop to a knee in the designated area and pull 50 ft. of hose into the designated area.

**Task 4 – Equipment Carry:** Remove 2 five-gallon foam buckets from a waist high shelf one at a time. Carry them 50 ft. around a barrel and return to the shelf. Place them back on the shelf one at a time.

**Task 5 – Ladder Raise:** Raise a 14 ft. roof ladder against a wall. Using a prop, simulate raising a 24 ft extension ladder to full extension.

**Task 6 – Forcible Entry:** Using a Keiser Machine move a 150 lb weight 5 ft, striking the weight with a 9 lb. dead weight hammer.

**Task 7 – Breach and Pull:** Using a 10 ft. Pike Pole push a weight up 4 times and pull a weight down 4 times. Repeat this sequence 4 times.

**Task 8 – Rescue:** Drag a 165 lb. rescue dummy 35 ft. around a cone and back to the starting point using a headfirst, face up drag.