

LAKE TECH FIRE ACADEMY

FIREFIGHTER PHYSICAL ABILITY TEST

The Lake Fire Academy Physical Test is based upon a comprehensive job task analysis; these determined tasks are deemed critical, ones that are performed frequently by firefighters.

This validated job-simulation test is used to objectively measure firefighter candidate's performance. The tasks are performed sequentially, and accurately reflect the metabolic demand imposed on a firefighter during actual training and emergencies.

ARA/Human Factors, Inc. have monitored heart rate responses and pulmonary requirements for these and other firefighter activities. Not all fires are the same, and it is not possible to anticipate every emergency scenario. However, firefighter candidates who can complete the tasks listed below within the recommended time frame possess the level of fitness necessary to meet most training requirements at the **beginning** of their training to become a firefighter.

The On-Target Task Test is done wearing a 22-pound weighted vest supplied by the academy.

DRESS CODE: Students must arrive for the test in appropriate attire required for tasks to be performed.

Attire to include:

- a. Tee shirt, shorts or sweats with no advertising, offensive messages or suggestive comments. No tank tops.
- b. Shorts or sweat pants meeting the above criteria.
- c. Tennis style shoes. No flip flops, sandals, or boots.
- d. **Bring work-style gloves.**

Students not properly attired or equipped will not be permitted to take the test. Visitors are not allowed on fire grounds during testing. Rules of the test will be explained at the time of the test.

The events are done sequentially and all must be completed within the time limit. The clock does not stop until all five events are completed. However, a candidate should pace his/her self and **no running is allowed at any time during the entire test.**

This ability test is designed so a candidate must walk at all times. Automatic failure will occur if:

- 1. The time limit is exceeded. At this point, the clock will stop and the test is completed for that individual. Time Limit is: 10 minutes**
- 2. Equipment is abused by unnecessarily dropping a, hose or sledgehammer on the ground. All equipment shall be properly set on the ground.**
- 3. Failure to comply with specific instructions given by the staff of the Lake Tech Fire Academy.**

TASK 1 - Forcible Entry Evolution (the time will start when the first blow strikes the weight)

Position both feet on the diamond plate so your toes are even with the weighted slide. Bend forward so you can see the end of the slide at all times. With 8-pound dead-blow hammer, using short hard strokes, drive the slide

five (5) feet to the end of the tray.

NOTE: The body must be kept in the bent forward position and the eyes on the target at all times. Carefully set the hammer down and proceed to the high- rise stair climb evolution.

Task 2 - High-rise Stair-Climb Evolution To the Fifth floor

Place the high rise pack on either shoulder (100 ft. of 1 ¾" hose) and proceed to climb the stairs to the fifth floor. The free hand is to be used on the handrail for balance only. **NOTE:** The handrail cannot be used to pull yourself up or pivot around landings. Contact must be made with every step. Do not skip a step ascending or descending. When you reach the fifth floor return to the third floor, lay down the hose pack, and go out on the balcony.

TASK 3 - Hoist Evolution

Walk out on to the third floor balcony. You will find a rope attached to a hose roll that is on the ground. Using the rope and a hand-over-hand method to pull the rolled hose(50 Ft 2 ½) to the top of the railing. Walk forward and lift the hose roll over the railing and place it on the floor. You will be hoisting the hose up five floors. Any method maybe used to hoist the hose.

Return to the third floor and place the high-rise hose pack on your shoulder. Descend the stairs using the handrail for balance only.

NOTE: Contact must be made with every step. Do not skip a step or run at anytime. Once at the base of the stairs, place the high-rise hose pack on the ground and walk to the victim rescue evolution.

Task 4 - Victim Rescue Evolution

Pick up the rope of the 175-pound victim and drag it 100 feet to the marked finish line. NO walking backwards. This evolution is completed when the victim completely clears the finish line. Walk to the hose advance evolution.

Task 5 - Hose Advance Evolution

Pick up the nozzle and place it over either shoulder and drag a charged 1 ¾" hose line straight forward 75 feet. The evolution is finished when the nozzle completely crosses the line between the cones. If you should slip, get up and continue on. The time stops when the nozzle crosses the finish line.

NOTE: Hands should be placed on the hose or coupling, not the nozzle.

No person shall, on the basis of race, color, creed, religion, sex, age, handicap, marital status, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity under the direction of Lake Technical Charter Board.

Lake Technical Center is an Equal Opportunity Employer.

