

Physical Ability Test Guide

Physical Ability Test (PAT)

The test consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. These tasks were developed to mirror real situations that firefighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a firefighter to successfully complete.

There are nine job-related physical ability test components that are timed in a continuous series. Following is an overview of the components/stations of the PAT:

- Push-ups
- Sit-ups
- Charged line advance
- Forcible entry simulation
- Equipment carry simulation
- Ladder heel/ raise
- Roof ladder raise/ venting roof
- Stair climb with equipment
- Pike pole
- Power Sled
- Tire Flip

Key points-

- Applicants must wear a self-contained breathing apparatus (SCBA), including helmet or approved safety helmet excluding the face piece and low-pressure hose, for all components of the PAT except for push-up and sit-up stations. The SCBA bottle will be full. The SCBA weighs approximately 30 pounds.
- Applicants are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work (long pants). You will be performing physical acts that demonstrate strength, agility, and endurance, and it is important to be outfitted in attire that does not hinder your performance. During the PAT, you may get dirty from maneuvering through the exercises and/or wet. Plan your dress accordingly.
- **You must not run during the test.** Running is not permitted on a working fireground, and it will not be allowed during this physical test. Failure to heed a first warning not to run will result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe, on the hose drag and stair climb stations as it is not technically possible to run during these components.
- Proctor(s) will be assigned to time you while on the course. It is acceptable to ask the them questions concerning course rules and layout prior to beginning the course and while on the course.
- You will be allowed as much time as needed to complete each individual component of the PAT within the maximum allotted time. Should you perform one of the components incorrectly, the proctor will guide you as to how to correct your actions or to perform the component again. Pay careful attention to the instruction of the proctor and ask for clarification if needed.
- Unnecessarily dropping, throwing or other **intentional misuse** of any of the testing equipment will be grounds to disqualify a candidate. If a candidate is observed by any of the test administrators misusing the test equipment, the candidate will be immediately escorted from the test site and registered as having failed the test.

Push-ups (15)

Station Description:

Candidate will start from the up position. Hands placed shoulder width apart. Body plane will remain straight fully extended lower chest to approx. 2 inches from the floor then returning to the starting position this being one repetition. Proctor will not advance the count for any rep that is not qualified. A demonstration will be allowed prior to the beginning of the test. Maximum allowable time for this test is 2 minutes.

Sit-ups (25)

Station Description:

Candidate will lie in a flat position with knees bent at right angle and feet shoulder width apart. Hands will be placed behind the head and remain behind the ears at all times. Candidate's ankles will be held by proctor to ensure heels stay on floor. A correct sit-up will be counted when elbows touch the knees or thighs then returning to the flat position. Proctor will not count any sit-up in which the candidate exhibits a rocking or bouncing motion, or if buttocks does not remain in contact with the floor. A demonstration of a correct sit-up will be allowed prior to the beginning of the test. Maximum allowable time for this test will be 2 minutes.

Charged Line Advance

Station Description:

Charge line, stretch out, bear crawl back/ lunge, then pull back to start point.

One hundred and fifty feet of 1 3/4 inch line will be connected to the water supply source. The candidate will be required to pull the charged hose line for 90 feet. The candidate will complete this station when both feet cross the marked line.

Forcible Entry

Station Description:

The candidate will use a 12-pound sledge hammer to strike a 'sled target.' This activity simulates forcible entry scenarios on the fireground such as penetrating a locked door. The candidate will strike the target the number of times necessary to move the target a distance of 10 inches. The candidate must remain on the designated area at all times while completing this station.

Equipment Carry

Station Description:

The candidate will carry a hydraulic spreader tool weighing 47 pounds for a total distance of 100 feet. The candidate will carry the tool for 50 feet, walk to a line painted on the walking path, and then walk back another 50 feet to place the tool back down where it was retrieved from.

Ladder Heel/ Raise

Station Description:

The candidate will raise a 24-foot extension ladder by 'walking it up' using a hand-over-hand technique. The ladder will be lowered in the reverse manner. The candidate must 'walk' the ladder all the way to a vertical position and all the way back down to the ground using the rungs of the ladder. The candidate must not drop the ladder or grasp the rails of the ladder at any time. The candidate will raise the fly section of a 24-foot extension ladder using the halyard. The candidate will raise a 24-foot extension ladder by 'walking it up' using a

hand-over-hand technique. The candidate will use the hand over hand technique to extend the fly section of the ladder beyond the red line marked on the side of the ladder. The candidate will then lower the fly section down using the hand under hand technique. The ladder will be lowered in the reverse manner.

Roof ladder Raise/ Ventilation

Station Description:

The candidate will simulate raising a roof ladder to a roof top using the hand over hand technique. Then move to roof simulator to vent using 12-pound sledge hammer to striking it 20 times.

Stair Climb

Station Description:

The candidate will climb up and back down a simulated staircase. The candidate will ascend to the top of the stairs and then descend the stairs to complete one repetition. A total of seven repetitions will be completed. The candidate will carry a 'high-rise pack' containing two sections of bundled 1 3/4-inch hoseline weighing approximately 30 pounds. Once the candidate exits the stairs following the seventh repetition, he/she will place the highrise pack back in the designated location.

You may carry the hosepack in any manner that is comfortable. You must carry the hosepack at all times. You must not drag the hosepack at any time.

Victim Rescue (Dummy Drag 50 ft.)

Station Description: The candidate will drag a human form dummy weighing 150 pounds (weight of dummy and clothing) for 25 feet, around a barrel, and then back across the starting point for a total distance of 50 feet. The candidate will drag the dummy using the pull harness attached to the dummy ONLY. It will be unacceptable to drag the dummy by any limb, to lift under the dummy's arms, to drag by holding onto clothing, or to carry the dummy. In order to complete this station, the candidate and the dummy must both completely cross the finish line.

Pike Pole Drills

Station Description: The candidate will do 2 sets of 10 reps up and down on weighted pulley system. To simulate breaching clearing a ceiling

Power Sled Drills:

Station Description: The candidate will pull a weighted object 100 total feet.

Tire Flipping:

Station Description: The candidate will flip a tire end over end for 50 feet then flip 50 feet to starting position for a total distance 100 feet.

Scoring

The PAT is a timed test. Any candidate that completes the course in **30 minutes** (30:00) or less will pass

All components of the PAT will be timed in a series. The test has a cutoff time and failure to complete the course in the allowed time will result in disqualification.