

# Physical Ability Test



**NORTH NAPLES**  
Fire Control and Rescue District  
*"Saving Lives every way we can"*



**EDISON STATE**  
COLLEGE

## PHYSICAL ABILITY TEST BOOKLET



**Firefighter Minimum Standards Program  
Edison State College & North Naples Fire  
Training Center**

# **PHYSICAL ABILITY TEST**

The Physical Ability Test (PAT) is conducted to assess the individual's level of physical strength, agility and aerobic capacity to perform the necessary tasks associated with the Fire Fighter Minimum Standards Program. All Fire Fighter Minimum Standards Program applicants are required to successfully complete the PAT in order to qualify for this program.

The PAT consists of five tasks the candidate must perform in succession while wearing a weighted vest, a hard hat, and gloves (supplied by the Fire Academy). A total of eight (8) minutes will be allotted for completion of the five tasks to successfully pass the PAT. Timing starts when the candidate touches the hose pack to perform Task 1. Timing stops when either the candidate completes the PAT by completely dragging the dummy across the finish line or when the time reaches the eight (8) minute mark. Whenever the eight-minute mark is reached the candidate's attempt is finished. In addition, there will be two untimed events that must be completed to successfully pass the PAT. A two hundred foot confined space maze and a ninety-five foot ladder climb

For safety reasons, **no running is allowed**. The candidate will not be penalized for equipment malfunctions. A candidate can request a progress time anytime throughout the test.

A candidate, who does not successfully complete the PAT on the first attempt, will be permitted a second attempt to successfully complete the PAT. Thirty minutes after the first attempt, the candidate shall begin the second attempt to successfully complete the PAT. If candidate refuses to start at the thirty-minute mark, the candidate is disqualified.

## **TIMED EVENTS**

### **TASK 1- HIGH-RISE STAIR CLIMB (Timed)**

The candidate will carry a high-rise hose pack (weighing approximately 50 pounds) on their left shoulder to the fifth floor of the drill tower via the stairwell and proceed out onto the balcony and touch the designated rail. The candidate must then switch the hose pack from the left shoulder to the right shoulder. The candidate will then descend the stairs to the fourth floor, into the designated room, and drop the hose pack at the spot marked with an "X". The candidate is strongly encouraged to utilize the handrail for safety reasons.

- The high-rise pack will be placed on the left shoulder while ascending the stairs and, placed on the right shoulder while descending the stairs.
- For safety reasons, the candidate must step on each stair step while ascending and descending. Skipping a step is reason for disqualification.
- The candidate will place the hose pack in the designed room on the spot marked with an "X" and proceed to Task 2.

## **TASK 2 - HOSE ROLL HOIST EXERCISE (Timed)**

From the fourth (4th) story window, the candidate will hoist a 50 foot hose roll of three (3) inch hose with couplings (weighing approximately 40 pounds) from the ground below, lift it through a window, and place it on the floor.

- The candidate must stand behind the red line and use the hand over hand method to pull the hose roll to the top of the wall.
- The candidate's feet must be behind and not touching the red line. A candidate's feet touching or going over the line is reason for disqualification.
- When the hose reaches the windowsill, the candidate will step onto the platform, walk forward and lift the hose over the windowsill and place it on the floor. Both feet must be in contact with the platform while pulling the hose roll into the window.
- The candidate will place the hose roll on the floor and proceed to Task 3.

## **TASK 3 - FORCIBLE ENTRY (Timed)**

Using the Kaiser-Force™ machine and a nine-pound dead-blow sledgehammer, the candidate will drive the slide a distance of five (5) feet horizontally.

- The candidate will grasp the handle of the hammer with a secure grip. The hands must not move on the hammer handle. If a candidate's hand slides on the handle it is a reason for disqualification.

- The hammer cannot be raised any higher than the candidate's head while in the striking position. The candidates will be disqualified on the third warning for the hammer being over the candidate's head.
- Using short, firm strokes, the candidate will drive the slide until told by the instructor that the task is completed. The slide must clear the numbered markings (five feet horizontally) then proceed to Task 4.

## **TASK4-HOSEADVANCE (Timed)**

Facing the direction of travel, the candidate will take the nozzle end of 150 feet of charged 1-3/4 inch hose and drag the hose line 100 feet over wet concrete. The candidate will not be allowed to rearrange the hose lay.

- The candidate will pick up the nozzle and place it over the shoulder of their choice.
- The candidate's hands will be placed on the hose or coupling, not on the nozzle.
- The candidate will drag the hose line until the instructor announces complete which is when the nozzle completely crosses the designated finish line (a distance of 100 feet) and proceed to Task 5.

## **TASK 5 - VICTIM RESCUE EXERCISE (Timed)**

The candidate will drag a 125-pound dummy for a distance of 100 feet. For assistance, a short section of rope will be attached near the head of the dummy.

- The candidate will grasp the rope or dummy with the head of the dummy towards the finish line.
- Walking backwards only, the candidate will drag the dummy until the instructor announces complete, which is when the dummy's feet are completely across the finish line (a distance of 100-feet)

## **UNTIMED EVENTS**

### **TASK - CONFINED SPACE MAZE (Un-Timed)**

The candidate is required to get on hands and knees and crawl through the sightless tunnel maze from the entrance to the exit, (a distance of 200-feet) navigating around, over, and under obstacles that are placed at various points. Walk to the next event. (No time limit)

### **TASK - LADDER CLIMB (Un-Timed)**

The candidate will be required to climb a 90-foot Ariel ladder raised to a 75-degree angle.

- The candidate will walk up the ladder touching each rung and using a safety harness attach and disconnect the harness as needed to safely navigate the ladder.
- Once the top is reached the candidate will touch the top rung and descend the ladder in the same manner it was ascended in.