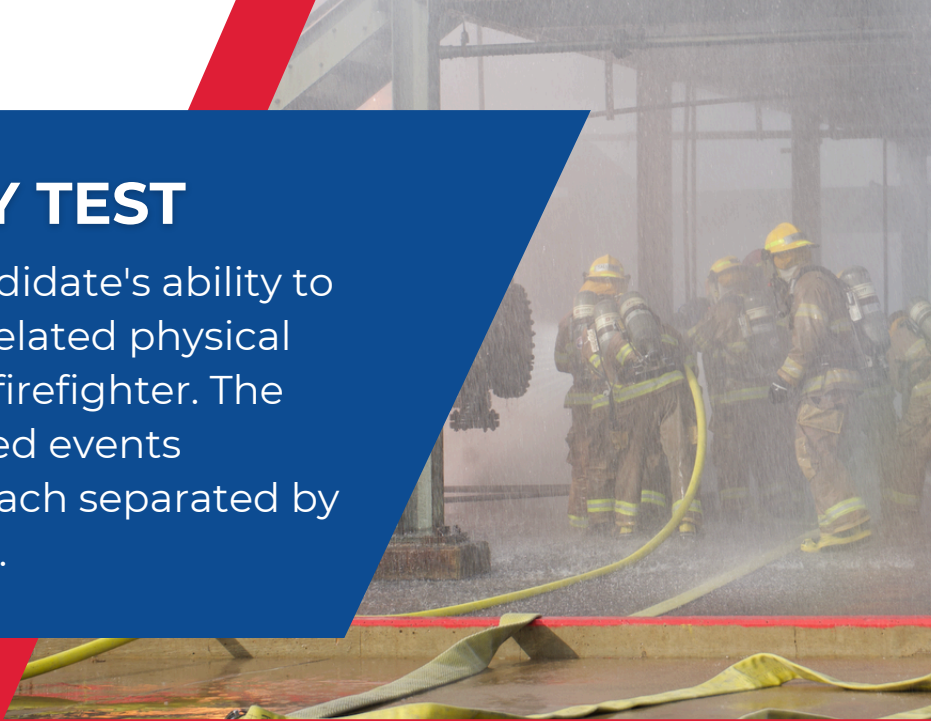


PHYSICAL AGILITY TEST

Designed to evaluate a candidate's ability to perform the essential, job-related physical tasks of an industrial/plant firefighter. The battery consists of four timed events conducted consecutively, each separated by a five (5) minute rest period.



Test 1 - 1½ Mile Run

Requirement: Complete 1½ miles within 13 minutes.

Tests: Legs, back, lungs, and general stamina.

Details: Candidate-paced. Times called at each half-mile, at ~200 yards from finish, and at the finish. Leaving the course disqualifies.

Test 3 - Hose Carry

Requirement: Carry 2 × 50-ft sections of 2½" hose up/down 3 floors — twice — in 4 minutes.

Tests: Legs, back, arms; lungs; general stamina.

Details: Approx. 75 lbs in a shoulder-fold carry on either shoulder. Duplicates above-grade fire activity.

Test 2 - Victim Rescue

Requirement: Move the 175-lb “victim” 50 feet within 1 minute.

Tests: Total body strength and flexibility used in rescue.

Details: Grasp and transport the rescue dummy the required distance within the time limit.

Test 4 - Hose Pull

Requirement: Pull a dry 2½" hose 50 feet across the ground.

Tests: Upper-body strength and stamina.

Details: Kneel on one knee; pull hand-over-hand with ½" Kernmantle rope. No pausing. Approx. 50 lbs.

Physical Agility Test subject to change