



Physical Ability Testing

The job of firefighting is physically demanding and heart attacks continue to be a significant cause of firefighter deaths. The Old Town Fire Department promotes healthy living and recognizes the importance of fitness in job performance. Because of this, candidates for the position of firefighter will be required to complete an eight station physical ability test. The test is designed to simulate actual skills a firefighter will perform at a fire scene. Results will be scored as pass/fail. The test requires firefighters to be in excellent physical shape and will test both aerobic and anaerobic fitness as well as muscular strength. Prior to the exam, candidates should consult with a physical therapist to determine an appropriate exercise program that will help you get in shape and be able to perform the job functions of a firefighter. This exam is extremely rigorous and will require candidates to be in optimal health.

The physical agility test will be timed and will consist of 8 stations. Each candidate will be required to wear long pants, a 50 pound vest, gloves and hard hat. Each candidate will complete each station and then walk 85 feet to the next station. No running will be allowed. If a candidate runs, they will be warned once. If the candidate runs again, they will be disqualified. After completion of the eighth station, the candidate will walk 85 feet to the finish line and the total time will be recorded. In order to pass, the candidate must complete the test with a time of less than 7 minutes and 30 seconds. Candidates will have the ability to try each station prior to taking the exam but will not be able to run through the entire course.

Station 1 – Hose Pack Carry

Time will begin when the candidate picks up a hose pack consisting of 100' of 1 ¾" hose and nozzle. The candidate will carry the hose pack up a 4 story stairwell and place the pack on the landing. After placing the hose back on the ground, the candidate will walk down the stairs and proceed to the next station.

Station 2 – Ladder Raise & Extension

The candidate will raise a 24' extension ladder that is on the ground to a vertical position. The butt end of the ladder will be secured in order to prevent it from slipping. The candidate must use a hand over hand method, touching each rung until the ladder is vertical. Sliding hands up the beam of the ladder will not be allowed. After raising the ladder, the candidate will move over a different ladder already secured in a vertical position. They will pull on the halyard and fully extend the ladder. Candidates will not be allowed to wrap their hands in the halyard to get a better grip. After the ladder is fully extended and locked in place, the candidate will proceed to the next station.

Station 3 – Hose Advancement

The candidate will grab the nozzle and no more than 5 feet of hose and drag 1 ¾" hose 75 feet straight, around a barrel 90 degrees and then drag the hose another 25 feet to a square marked on the ground. The candidate will kneel on one knee and pull 24 feet of the hose past the line marking the outside of the box. The candidate will then proceed to the next station.

Station 4 – Saw Carry

The candidate will remove a K saw from the compartment of an engine and place it on the ground. The candidate will then remove a chain saw from the same compartment and place it on the ground next to the K saw. The candidate will then pick up both saws and carry them 50 feet, around a cone, and another 50 feet back to the fire engine. The candidate will then place both saws on the ground and place them back in the compartment one at a time. After completing this task, the candidate will move on to the next station.

Station 5 – Barrel Crawl

The candidate will crawl through a confined space consisting of three 55 gallon barrels welded together. After completing this station, proceed to station 6.

Station 6 – Victim Drag

The candidate will drag a 185 pound dummy by a harness 35 feet, around a cone, and another 35 feet back to the starting point. After dragging the dummy past the line, the candidate will proceed to the next station.

Station 7 – Ventilation Simulation

The candidate will stand on a platform and straddle a steel weight. He/She will pick up a 10 pound sledge hammer and strike the weight repeatedly until the weight is moved 3 feet down a set of tracks. The station will be complete when the station proctor announces that the weight is at the end of the track.

Station 8 – Ceiling Breach and Pull Simulator

The candidate will grab a six foot pike pole and place the tip in a painted area of a trap door. They will push up the trap door three times and then move the pike pole to hook the pull simulator. The candidate will pull down five times. This sequence will be repeated three more times, for a total of four sets. If the candidate does not push the trap door enough or pull the lever enough, the proctor will say “miss” and the candidate will be allowed to repeat the push or pull. After the four sets, the candidate will place the pike pole on the ground and walk across the finish line. The test will be complete. After finishing the test, the candidate will be required to proceed to the rehab area to be assessed by Paramedics.