

Summary of Physical Ability Examination

The physical ability test (PAT) consists of nine (9) separate events. The PAT is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner. This test was developed to allow the Warrensburg Fire Department to obtain pools of trainable candidates who are physically able to perform essential job tasks at emergency scenes. Each candidate will be required to successfully complete each station before moving on to the next station. Each candidate will have **ONE** opportunity to complete the exam under the time limit. No candidate will be allowed to repeat the exam to better their time.

This is a Pass/Fail test based on a maximum total time of five (5) minutes and zero (0) seconds.

In these events you will wear a fire helmet with chin strap, leather fire gloves and fire coat. These items will be provided for the test. You must wear long pants and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted. No t-shirts identifying any fire department or emergency services agency shall be worn.

To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events.

To ensure scoring accuracy by eliminating timer failure, two stop watches are used to time the PAT. One stop watch is designated as the official test time stopwatch, the second is the backup stopwatch. If mechanical failure occurs, the time on the backup stopwatch is used. The stop watches are set to the pass/fail time and count down from five (5) minutes and zero (0) seconds. If time elapses prior to the completion of the test, the test is concluded and you fail the test.

Event #1 Search:

Equipment

This event uses an enclosed tube approximately eight (8) feet in length that has both ends covered with a flap. In addition to the above mentioned equipment each candidate will be required to wear a 50-pound vest to simulate the weight of a self contained breathing apparatus for this event only. (This is **NOT** part of the timed events)

Purpose of Evaluation

This event is designed to evaluate the candidate's ability to work in enclosed spaces.

Event

For this event, you must crawl through a tunnel that is approximately 8 feet long and has a opening diameter of approximately 30 inches. On both ends of the tunnel there will be a cover that is sufficient enough to restrict ambient light from entering the tunnel to achieve total darkness.

Failures

A request for assistance that requires the opening of the entrance/exit covers constitutes a failure, the test is concluded and you fail the test.

Once you have completed Event #1 you will precede to the starting point for the joist walk. At that time a monitor will tell you when to start and your time will begin for the remaining events.

***Timing will begin at Event #2. You will be told by the monitor when to start.**

Event #2 Joist Walk:

Equipment

This event uses standard 2x4's secured together in the shape of a common ladder for an overall length of 28 ft. This will be laid flat on the ground. This event also requires a 50 ft section of 2.5 inch fire hose in a donut roll that is secured so that it will not unroll(this is accomplished by using duck tape wrapped around the hose roll). This roll shall weigh no more than 30 lbs.

Purpose of Evaluation

This event is designed to simulate the environment of an attic or floor space that a firefighter might encounter during firefighting efforts at an emergency scene. This event shall challenge your coordination and balance.

Event

For this event the candidate shall proceed to the roll of hose and pick up the roll and proceed approx. 15 ft to the simulated ladder that is laying on the ground and shall walk the length of the ladder on the side rails and without stepping off, shall proceed the entire length and once at the end shall, without touching the ground turn around and return down the ladder. The candidate shall return the hose roll to the marked square on the floor where they picked the hose roll. This concludes this event. The candidate shall walk 18 feet to the next event.

Failures

If you fall off the beams and touch the ground one warning will be given. The second infraction constitutes failure, the test time is concluded and you fail the test.

Event #3 Equipment Carry:

Equipment

This event uses four (4) five gallon buckets filled with firefighting foam for a approx. weight of 46 lbs.

Purpose of Evaluation

This event is designed to simulate the critical task of moving equipment from a fire apparatus, carrying them to the emergency scene and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance.

Event

You will have to carry two of the four five gallon foam buckets approximately 75 feet and place them inside of a designated square. You will return and move the other two five gallon foam buckets the 75 feet and place them inside the designated square. You will have to move all four buckets of foam before moving to the next event. This concludes the event. The candidate will walk approx. 10 feet to the next event.

Failures

If you drop any of the buckets while you are carrying them, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event #4 Four Foot Wall Climb:

Equipment

This event requires a prop that is built using common lumber products to produce an obstacle that the candidate has to scale over. The "wall" is 4 feet high and is 4 feet wide at the top with a 9 inch top plate and 32 inches wide at the base (for stability). There will be common 2x4's attached to the side that extend above the top portion of the wall approx. 32 inches.

Purpose of Evaluation

This event is designed to simulate the task of entering/exiting a window. This event challenges your aerobic capacity, upper and lower body muscular strength.

Event

For this event you will have to scale the wall. You must get your entire body over the wall.

Failures

If you are unable to scale the wall this will constitute a failure, the test time is concluded and you fail the test.

Event #5 Hose Drag/Couple:

Equipment

This event uses an uncharged fire hose. The hose line is marked at 8 feet past the couplings to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hose line is also marked at the 50 feet at the coupling that you must uncouple and marked at 8 feet past that coupling to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest.

Purpose of Evaluation

This event is designed to simulate the critical task of dragging an uncharged hose line from the fire apparatus to another fire apparatus. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance.

Event

For this event you will be required to drag a 2 ½ inch hose approximately 100' and connect it to one of the discharges on one of the department's engines. You will return to the second set of couplings and disconnect them and drag the remaining section back to the engine and connect that coupling to the other discharge. The hose must not become disconnected from the truck or you will have to re-couple it.

Failures

During the hose drag you are warned for running, the second infraction constitutes a failure, the test time is concluded and you fail the test. One warning will be given if you drop the hose. If you drop the hose, you must pick up the hose without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event #6 Forcible Entry:

Equipment

This event uses a mechanized device (Keiser Sled) with a 9 lb sledgehammer and a beam that weighs approx. 175 lbs.

Purpose of Evaluation

This event is used to simulate the critical tasks of using force to open a locked door or to breach a wall or roof. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance.

Event

In this event you must use a 9 lb sledgehammer to strike the beam to cause the beam to move to approx. 4 feet. When you have driven the beam past the identified mark the proctor will call out "MARK". The candidate will be done with that event and will walk 30 feet to the next event.

Failures

If your helmet falls off, you must replace it **immediately** before you continue to strike the beam with the mallet. If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you step off the edge, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event #7 Hose Carry and Stair Climb:

Equipment

This event utilizes two fifty foot sections of fire hose that are hooked together and folded together in an accordion fashion and secured so that the hose does not fall apart.

Purpose of Evaluation

This event is designed to simulate the critical tasks of climbing stairs while carrying a high-rise pack (hose bundle). This event challenges your aerobic capacity, lower body muscular endurance and ability to balance.

Event

For this event, you will have to carry a hose load weighing approx. 35 lbs up to the top of the stairs consisting of 14 steps and place it in the area marked on the ground.

Failures

You must touch all the stairs on the way up. If you miss a step, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you drop the hose, you must pick up the hose without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event #8 Hose Hoist:

Equipment

This event uses a 50 section of fire hose that is rolled in a doughnut shape and secured with a rope. The hose will be hoisted to the top of the wall which is approx. 13 feet high.

Purpose of Evaluation

This event is designed to simulate the critical task of hoisting tools and equipment while on the scene of an emergency. This event challenges your aerobic capacity, upper body muscular strength and endurance, grip strength and endurance.

Event

For this event, you will raise a hose roll weighing approx. 30 lbs hose by pulling it up approximately 13 feet using a hand over hand motion. Once the hose has reached the top of the wall it must be placed in the square marked on the floor. Once you have completed this task you must precede down the stairs to the simulated rescue/drag. You must touch all the steps as you proceed down the stairs.

Failures

One warning will be given if you drop the hose roll to the ground. If you drop the hose roll, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you miss a step on the way down to the next event one warning will be given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event #9 Rescue:

Equipment

This event uses a weighed mannequin equipped with a harness with shoulder handles.

Purpose of Evaluation

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper body and lower body muscular strength and endurance, grip strength and endurance.

Event

For this event, you must grasp a mannequin (weighing approximately 101 pounds) by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drag it 75 feet to a pre-positioned drum, make a 180 degree turn around the drum, and continue an additional 75 feet to the finish line. You are not permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line.

Failures

If you grasp or rest on the drum at any time, one warning is given. The second infraction constitutes a failure, test time is concluded and you fail the test.

This ends the timed portion of the physical