

Welcome  
to the



PHYSICAL **ABILITY** TEST

# LUFKIN FIRE DEPARTMENT

## PHYSICAL ABILITY TEST

As part of the selection standards for appointment to the Lufkin Fire Department, you will be required to pass a physical ability test (PAT) provided you have met all prior requirements. The date and time of the PAT will be announced in advance. The following information is provided for your assistance. If you have any physical condition which, in the opinion of the Test Administrator, could present a greater than normal possibility of injury, you may be required to obtain a physician's statement to document your suitability for testing. You may bring and use your own work gloves; however, they must be approved by the Test Administrator. The PAT consists of two separate components; the Aerial Ladder Climb and the Fire Ground Simulation.

The events are considered one-person events at a fire scene. The course events have been tested by members of the Lufkin Fire Department (and many other fire departments) and determined to be fair and indiscriminate.

### Definitions:

**Candidate** – a person who is pursuing a career at the Lufkin Fire Department and has passed the required Civil Service Entrance exam.

**Pause in motion** – a pause that puts a stop in the satisfactory forward progress of the task. Stopping, going abnormally slow or “catching your breath” are considered a pause in motion.

### General Guidelines:

- There shall be an evaluator assigned to document times and ensure successful completions.
- All Lufkin FD personnel helping with set-up or the operations of the Physical Ability test should keep communication with the candidates to a minimum and stay neutral.
- There shall be no encouraging remarks given to the candidates while the test is being conducted.
- Only officers with Lufkin FD can be evaluators.
- There is no running during the test except during the Advancing Hose and Dummy Drag events. A fast walk is recommended.
- All coupling connections shall be hand tight to the point that the gasket is seated. It is up to the evaluators to determine if the couplings are tight enough or Storz is locked. Water is allowed to leak but at a minimum.
- Lufkin FD personnel will reset each event.

## Station #1

### **AERIAL LADDER CLIMB** (assesses Acrophobia: fear of heights)

**Description:** The candidate will climb, ensuring that at least one foot and one hand touches each rung of the ladder, to the top of the aerial ladder extended to the full available extension at 60 degrees. Upon reaching the top, the candidate will touch the top rung (step) of the ladder and then descend the ladder to the ground floor where harness will be removed. This task shall be accomplished in a continuous motion. Stopping will be not allowed. The candidate will be given one warning should there be a pause in motion. Upon being given a second warning, the candidate will be disqualified from further testing and sent to rehab. There is NOT a rest break between ladder climb and start of timed event (1<sup>st</sup> step without harness on ground)

Lufkin Firefighters shall be used to safety belay the candidate. Using an appropriate life safety rope and belay device, the Lufkin Firefighter shall maintain positive control of the climber at all times. The Candidate shall wear a Class 3 Harness which will be attached to the belay rope.

Note: This exercise is designed to test the applicant's ability to work at various heights, tests the applicant's balance and ability to climb ladders and is designed to ascertain the absence of acrophobia (the fear of height). Firefighters are required to perform firefighting and rescue work above ground level.

**Timed agility starts at this point. Six (6) minutes and 45 seconds to complete stations 2-8**

## Station #2 (and #5)

### **EQUIPMENT MOVE**

**Description:** The candidate will lift 2 saws with proper lifting technique. The saws will be located in a designated area at the tailboard of Truck 3. The saws will weigh between 25 and 75 pounds each. The candidate will pick up both saws and carry to a designated area under the window of the drill tower without stopping. The candidate will set saws down lightly/properly and proceed to Station #3. Candidate will be given one warning for pausing during carry. Upon being given a second warning or dropping either saw, the candidate will be disqualified from further testing and sent to rehab.

Note: This exercise is simulating carrying firefighting tools from the fire engine to the fire scene

## Station #3 and #4

### **TOWER EVENT**

**Description:** The candidate shall pick up a standpipe pack consisting of 150 feet of 1 ¾" hose strapped in folds of approximately 5 feet in length with a nozzle connected at the end. The candidate will enter the hose tower carrying the standpipe pack and climb up the stairway as rapidly and safely as possible. The candidate will lay the standpipe pack on the landing (third landing) at the fourth floor and proceed up. Upon reaching the fifth floor (top/roof), the candidate will raise a section of 2 ½" hose with a nozzle attached from the ground using a rope which has been tied off to the nozzle/hose and placed through the window. A hose roller will be available for the candidate. The candidate shall raise the hose to the point that the candidate can grasp the nozzle. The hose will then be smoothly returned to the ground. The candidate will then descend to the fourth floor and pick up the high rise pack and continue to the bottom level where the standpipe pack will be placed where the candidate originally picked it up. The candidate will be given one warning should there be a pause in motion. Upon being given a second warning, the candidate will be disqualified from further testing and sent to rehab.

Note: This exercise simulates the fire ground activities of extending and retracting a ground ladder and raising and lowering equipment from the roof.

## Station #5 (and #2)

### **EQUIPMENT MOVE cont.**

**Description:** After completion of the standpipe hose carry, the candidate will pick up and return the saws under the drill tower window to Truck 3's tailboard without stopping. Candidate will set saws on the ground back at Truck 3's tailboard one at a time without pausing. Candidates cannot drag, drop or stop while carrying saws. Candidate will be given one warning for pausing during carry. Upon being given a second warning or dropping either saw, the candidate will be disqualified from further testing and sent to rehab.

## Station #6

### **HOSE COUPLING AND DRAG**

**Description:** The candidate will proceed to Truck 3's pump panel on driver's side, where a 1 3/4" discharge will be available. The cap will be on the discharge but loose enough so that the cap may be removed by hand without the need for a spanner wrench. A 1 3/4" section of fire hose will be on the ground, and the female hose coupling will be located on the ground at the pump discharge. The candidate will proceed to connect the female hose coupling to the 1 3/4" discharge on the pump panel so that the connection is hand tight. Once the connection is complete, the candidate will grab the 150-foot section of 1 3/4" hose that is connected to the truck and charged with water. The candidate will then drag the hose to the line painted in front of the confined space prop (Station #7). The candidate will be given one warning should there be a pause in motion. Upon being given a second warning or dropping the nozzle instead of placing lightly on ground, the candidate will be disqualified from further testing and sent to rehab.

Note: This event simulates the deployment of a standard fire attack line that is typical on first line suppression apparatus.

## Station #7 (and #6)

### **CONFINED SPACE** (Claustrophobia: fear of confined spaces)

**Description:** The candidate shall lay the nozzle down without dropping it and continue to the black culvert (confined space). The candidate will crawl from one end of culvert to the opposite end of culvert without stopping. The culvert will be dark and somewhat narrow (24") to test the candidate's ability to navigate on their knees and in dark spaces. Upon exiting the culvert at the opposite end that they entered, the candidate will go and pick up the nozzle and 1 3/4" hose that they previously laid down and proceed to the pumping fire truck where they connected the coupling. A painted line will mark where the candidate has to pass with nozzle. Candidate then lays the nozzle and hose down. The candidate will be given one warning should there be a pause in motion. Upon being given a second warning, the candidate will be disqualified from further testing and sent to rehab.

Note: this exercise duplicates the search for victims

## Station #8

### **VICTIM DRAG**

**Description:** The candidate shall drag a “victim” (weighted training manikin) weighing approximately 165 pounds for 100 feet without stopping or pausing to rest. The victim will be at a painted line that is 50 feet away from another painted line marked with a cone. The candidate can drag the victim by the shoulder/harness straps or pick the victim up under the arms. The victim must fully cross the line drawn at the 50-foot mark or go around the traffic cone and then the candidate must continue with victim another 50 feet to the line where they started. The entire manikin has to pass the lines. The candidate will be given one warning should there be a pause in motion. Upon being given a second warning, the candidate will be disqualified from further testing and sent to rehab.

Note: This exercise duplicates an actual fire ground situation requiring a firefighter to perform a rescue of a victim.