



# Springfield Fire and Life Safety ENTRANCE EXAMINATION Physical Ability Test Explanation



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## GENERAL REQUIREMENTS

1. Wear appropriate clothing, non-skid type footwear. Have clothes to keep comfortable as you may have a waiting period.
2. Helmet and gloves are provided for the test.
3. Once you begin the examination you will continuously and briskly move from one station to the next until finished, with no running, rest periods or breaks. Unless instructed to do so, stopping or resting will not be allowed and will be grounds for disqualification.
4. Follow written and verbal directions. Failure to follow directions will disqualify you from continuing the examination process.
5. Times will be evaluated at the completion of each station. Failure to successfully complete any one station within the established time standard will disqualify you from continuing the examination process. Times are listed with each station explanation below.
6. Each station is evaluated as either PASS or NO-PASS. Failure to perform any station within it's time standard will be an automatic NO-PASS. If a NO-PASS is received on any station, you will not be allowed to continue. You must PASS all 9 stations to move on to the Oral Interviews.
7. Only one attempt will be allowed to successfully complete Stations 4 thru 9. Failure on the first attempt in these stations will disqualify the applicant from continuing the examination process. You will have two attempts at Stations 1, 2, and 3 if you immediately return to the starting point after your initial failure. The evaluator will restart you.
8. Prior to beginning the station, you will be allowed to "feel" the weight at the following:
  - a. Station #2: Gurney Lift
  - b. Station #3: Ladder Lift
9. You will be wearing a helmet and air pack during the first 5 stations. Gloves will be required at most other stations, but will be optional at some stations. You will be told when gloves are optional.
10. When you are called from the waiting room to the Physical Ability Test, take everything you brought with you and leave it at the check-in Clerk's Desk. If disqualified during the test, pick up your possessions at the Clerk's Desk and immediately leave the test site. **DO NOT RE-ENTER THE BUILDING!**
11. Upon successful completion of the Physical Ability Test, the check-in Clerk will assign you a time for your Oral Board testing. Leave the test site immediately once you have received this information in writing from the Clerk.
12. The following items are **required for your admission to the Physical Ability Test (required at the Practice session if you choose to attend)**. Make sure you bring them with you. No exceptions or excuses will be allowed.
  - a. Driver's license or other picture identification
  - b. Completed and signed:
    - i. **"Physical Ability Test Practice – Release and Waiver"** form  
(hand-out at written test)
    - ii. **"Physical Ability Test – Release and Waiver"** form  
(hand-out at written test)



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## PHYSICAL ABILITY TEST STATIONS

### Station #1: BEAM WALK - Helmet, gloves and air pack required.

Wearing a 35 lb air pack (not connected to air), traverse a 5 inch wide beam 16 feet in length without falling off (top of beam will be eight inches off the ground). Turn around in the area beyond the line and return to the starting point. If you fall off you will have one additional chance if you immediately return to the starting point. Time starts upon signal from evaluator and stops when both feet touch the ground.

**Time limit:** 18.53 seconds

#### REASONS FOR DISQUALIFICATION

Not following directions  
Unable to complete station  
Exceeding allotted time  
Falling or stepping off beam

### Station #2: GURNEY LIFT - Helmet, gloves and air pack required.

Using proper lifting techniques, applicant will lift gurney three successive times. Front of gurney is 33" off ground. On each lift top rail of gurney must touch rope (35" off ground) and bottom of gurney must touch ground. Gurney weighs 130 pounds at lifting point. Time starts upon signal from evaluator and stops when gurney touches ground the third time. If you fail this station you will have one additional chance if you immediately return to the starting point.

**Time limit:** 7.56 seconds

#### REASONS FOR DISQUALIFICATION

Not following directions  
Unable to complete station  
Exceeding allotted time  
Losing control of gurney and dropping it  
Dropping gurney at finish

### Station #3: LADDER LIFT - Helmet and air pack required, gloves are optional.

Standing at mid-point of ladder, lift and remove the 24 ft. 60 lb extension ladder from hooks 81 inches from the ground, place ladder on edge on top of both 2x6's at prop base at the same time, then replace ladder onto the hooks. Time starts upon signal from evaluator and stops when ladder is cradled on hooks. If you fail this station you will have one additional chance if you immediately return to the starting point.

**Time limit:** 15.84 seconds

#### REASONS FOR DISQUALIFICATION

Not following directions  
Unable to complete station  
Exceeding allotted time  
Losing control of ladder or dropping it  
Dropping ladder or part of ladder for any reason  
Falling down with ladder



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**Station #4: STAIR CLIMB** - Helmet, gloves and air pack required. (Put sit harness on at this time.)

With a 35 lb air pack strapped to your back (not connected to air), pick up a 68 lb hose bundle and place it over one shoulder. On starters signal, climb the drill tower stairs (four floors), not skipping any steps, to the top landing. There is someone at the top to verify your trip. There is also a sign that says "THIS IS THE TOP". With both feet on top landing, turn around and return to the starting point, not skipping any steps. Time starts on signal from evaluator and stops when both feet touch ground level.

**Time limit:** 121.66 seconds

REASONS FOR DISQUALIFICATION

Not following directions  
Unable to complete station  
Exceeding allotted time  
Dropping hose bundle during stair climb

**Station #5: LADDER CLIMB** - Helmet gloves and Air Pack required.

With a 35 lb air pack strapped to your back (not connected to air), climb up 24 ft on a ladder, touching each rung. Touch the yellow and black tape with a hand and come back down the ladder, touching each rung. Time starts upon signal of evaluator and stops when both feet touch the ground.

**Time limit:** 30.10 seconds

REASONS FOR DISQUALIFICATION

Not following directions  
Unable to complete station  
Exceeding allotted time  
Dropping weight from back  
Falling from ladder  
Freezing on ladder

**Station #6: TOWER CLIMB AND HOSE HOIST** - Helmet and gloves required for ladder climb and descent. Helmet required but gloves not required for hose hoist. (Remove sit harness at completion of this station)

Climb to the top of the drill tower (42.6 feet) using tower ladder, not skipping any rungs. Follow instructions of personnel at top. With the rope provided, and using a hand over hand method, hoist a 44 pound roll of hose 31.6 feet until the mark on the rope contacts the pulley. Lower the hose in the same manner as it was raised. Climb back down ladder, not skipping any rungs. Time starts upon signal from evaluator and time stops when both feet touch the ground.

**Time limit:** 158.81 seconds

REASONS FOR DISQUALIFICATION

Not following directions  
Unable to complete station  
Exceeding allotted time  
Dropping hose roll while hoisting  
Falling from ladder  
Freezing on ladder



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### **Station #7: DRIVE A SLED (KEIZER FORCE MACHINE)** - Helmet and gloves are required.

Stand straddling the sled with one foot on either side. Using the mallet provided, drive the middle sled past the end of the yellow diamond in the center of the sled. Strike the sled with the mallet until you have moved the sled past the end of the diamond marker. Time starts with signal from evaluator and stops when sled has been moved the required distance, or the allowed time has elapsed.

**Time Limit:** 38.44 seconds

#### REASONS FOR DISQUALIFICATION

- Not following directions
- Unable to complete station
- Exceeding allotted time
- Dropping the maul
- Slipping from the sled to the ground
- Using mallet to pull or drag sled

### **Station #8: CHARGED HOSE PULL** - Helmet and gloves are required.

Pick up nozzle of charged 2 ½" hose and drag hose 50 feet to line on blacktop. Time starts upon signal from starter and stops when one foot crosses the line.

**Time limit:** 14.85 seconds

#### REASONS FOR DISQUALIFICATION

- Not following directions
- Unable to complete station
- Exceeding allotted time
- Dropping nozzle during test

### **Station #9: OFFSET TUNNEL CRAWL** - Helmet and gloves required.

Wearing a blacked out mask, crawl into a 10 ft section of 24 inch pipe which terminates in a box. Crawl to the end of a second 10 ft section of pipe which begins in the same box. The second pipe is on the opposite side and offset from the first pipe. Bump your helmet at the end of the second pipe. Stay in that position (30 seconds) until prompted by the evaluator to return to the starting point. Back down the second tunnel to the box. Turn around in the box and come out head first to the starting point. Time starts upon signal from evaluator and stops when helmet breaks the vertical plane of tunnel.

**Time limit:** 80.06 seconds

#### REASONS FOR DISQUALIFICATION

- Not following directions
- Unable to complete station
- Exceeding allotted time
- Freezing in tunnel
- Lifting face mask away from face