



UNIFIED FIRE AUTHORITY

PHYSICAL PERFORMANCE EVENTS

The Physical Performance Test is designed as an obstacle course to closely simulate the endurance a firefighter employee must possess at the scene of a fire. There are seven events in the obstacle course. The order of these events may be different than listed here.

Event #1 - Hose Drag: Applicants will be required to pick up the 100 foot uncharged 2 1/2 inch hose line, place it over their preferred shoulder, drag it 100 feet in one direction, place it on the ground, walk to the other end, pick up the hose line and drag it 100 feet in the opposite direction.

Event #2 - Hydrant Connection: Applicants will be required to unscrew and remove two small caps from the sides of the hydrant, screw the two hydrant gates onto the hydrant, hook up two 50 foot 2 1/2 inch hose lengths to the hydrant and open the hydrant 10 complete turns with the hydrant wrench. Applicants will then close the hydrant with the wrench, remove the hoses and gates and place the caps back onto the hydrant.

Event #3 - Roof Ventilation: Applicants will be required to pick up the nine pound sledge hammer, straddle the I-beam by standing on the foot walks and strike the I-beam on the Keiser Force Machine until the sled moves backwards to the designated markings.

Event #4 - Maze Crawl: Before applicants begin this event, a proctor will help them put on a blackened out face mask and guide them to the beginning of the maze. Applicants will be told to crawl on their hands and knees through the maze carrying a hux bar (similar to a crow bar) following the right wall at all times to guide them through the maze.

Event #5 - Dummy Drag: Applicants will stand behind the starting line, lift the dummy and drag the dummy 30 feet around the cones at the other end, turn around and drag the dummy back to the starting line.

Event #6 - Stair Climb with Hose Bundle: Applicants will place a hose bundle over their preferred shoulder, climb up two stories (4 flights), turn and walk back down the stairs. Applicants should use the handrails, step on every step and remember not to run.

Event #7 - Ladder Raise: Applicants will be required to kneel down by bending the knees to lower themselves down to reach the top rung of the ladder and lift the ladder using their leg strength (not their back). Applicants should lift the ladder using hand under hand motions to full upright position then immediately lower the ladder to the ground using hand over hand motions until the ladder is back on the ground. Applicants missing a rung must start over.

The physical performance test is a timed, pass/fail test.