



# Middleton Rural Fire District

"Proudly Serving Our Community Since 1958"



## Physical Ability Test Information

The following description of the entry level Physical Ability Test as used by the Middleton Rural Fire District is meant to be a general description of the events and tasks and is not the detailed specific criteria for the test. It will give a prospective employee an idea of the nature of the test and the physical capabilities that are required to become a firefighter with the Middleton Rural Fire District.

### TEST DISCRIPTION:

This test is a timed event, with the time running continuously from the start of the first task to the completion of the last task. Each task must be successfully completed in the process and within the time established by the Department as the passing time. The current department standards are that this must be completed in no more than 9 minutes and 40 seconds. This time or the test may have minor modifications done as a result of pending evaluations of the test. The test is a pass-fail type of test. There are no points given in the hiring process for this event

### MINIMUM REQUIRED EQUIPMENT:

Each candidate will be required to wear the following equipment during the test;

- Structure Firefighter helmet
- Structure Firefighter gloves
- Structure Firefighter turnout coat
- Self-Contained Breathing apparatus backpack – **face piece not worn**

The fire department will provide a selection of sizes for the use of the participants of these items. Candidates may provide their own gear if approved by the Chief or his designee.

### **HYDRATION AND POST MEDICAL MONITORING**

Candidates are encouraged to pre-hydrate prior to the physical ability test. A well hydrated body will cut down the changes of fatigue and muscle cramping during or after the test. After the candidates complete the test they will be escorted to specific area for hydration and medical monitoring.



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## Physical Ability Outline

### Event 1- Dry Hose Deployment

This consists of dragging a 150' of 1 3/4" dry hoseline with a nozzle through a course around two obstacles and placing the nozzle in a designated place.

### Event 2 – Advancing a Charged Hoseline

This event consist of dragging 100' of 1 3/4" charged hoseline (pressure not to exceed 80 psi) through a simulated doorway and down a hallway with diminishing clearance a distance of 38' and placing the nozzle in the designated spot.

### Event 3 – Raising Extension Ladder

This event consists of raising the fly-section of a 30' aluminum extension ladder to its maximum extended height and then lowering the section back down. The candidate must keep the ladder under control at all times.

### Event 4 – Roof Walk

This event is the simulated roof walk. The candidate will ascend and descend an 11' distance, walking/crawling on the runs of a 12' roof ladder while carrying an approximately 20 pound chainsaw. The roof ladder is secured to a simulated roof with a normal residential slope.

### Event 5 – Attic Crawl

This event is the simulated attic crawl. The candidate crawls a distance of 20' across a simulated attic area while carrying a simulated flashlight in his/her hands. The simulated rafters are 24" on center. There is also a 4' high barrier that the candidate must stay under while going across the joist.

### Event 6 – Roof Ventilation

In this event the candidate stands on a simulated pitched rooftop and strikes the roof 30 times with an 8 pound sledgehammer. The hammer must be raised above the candidates head each time and strike with sufficient power to be effective.

### Event 7 – Victim Removal

The candidate carries or drags a 164 pound dummy 13' in one direction and around a cone and then drags or carries the dummy 13' back to the starting point.

### Event 8 – Ladder Removal/Carry

The candidate removes a 24' extension ladder from the mounting hooks, carries the ladder 54' around a diamond shaped course and replaces the ladder to the mounting hooks.

### Event 9 – Stair Climb with Hose

The candidate will ascend approximately 3 flights of stairs carrying a hose bundle of 100' of 1 3/4" hose weighing approximately 50 pounds and place the hose bundle at the top of the stairs.

### Event 10 – Crawl and Hose Hoist

The candidate crawls from the end of event nine approximately 20' to the next station. At this station, the candidate will hoist a rope attached to 100' of 1 3/4" dry hoseline with a nozzle until the nozzle reaches the top and is placed in the marked spot. The candidate continues to raise the hose over the balcony rail until the coupling between the first and second section of hose is over the rail. The candidate then crawls back to the hose bundle from Event 9 and picks up the bundle of hose and returns it to the bottom of the stairs.