



Northern
NV / CA
F.I.R.E.

Firefighter Interagency Recruitment and Examination

**ENTRY-LEVEL FIREFIGHTER
PHYSICAL ABILITY TEST**

CANDIDATE ORIENTATION GUIDE

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NV/CA F.I.R.E. Consortium consists of Carson City Fire Department, North Lake Tahoe Fire Protection District, North
Tahoe Fire Protection District and Tahoe Douglas Fire Protection District

IMPORTANT SAFETY INFORMATION

The NV/CA F.I.R.E. Consortium prides itself on safety and wellness. In order to provide the safest Physical Ability Test, all candidates will have their blood pressure, pulse and respirations monitored before and after the physical ability test. Candidates will not be permitted to participate, nor will candidates be allowed to leave the training grounds after the test, if their vital signs exceed the following:

- Blood pressure greater than or equal to 160/100
- Heart rate greater than or equal to 110 beats per minute
- Respirations greater than or equal to 30 breaths per minute

If one or more conditions exist prior to the test, a candidate will be given a five (15) minute rest period to obtain vital signs that fall within the above acceptable values. If after five (15) minutes of rest there is no change, the candidate will be sent to the rehab portion of the test and will not be permitted to participate in the Physical Ability Test.

Candidates are encouraged to avoid consuming caffeinated beverages (coffee, energy drinks, etc.) prior to taking the test.

All candidates will participate in a mandatory rehab session at the conclusion of the test. This will consist of:

- Post event vital sign screening
- Refreshment center

It is the responsibility of the candidate to notify a proctor if they experience any of, but not limited to, the following signs or symptoms:

- Nausea
- Light headedness
- Chest pain
- Shortness of breath
- Headache
- Vomiting
- Blurred vision
- Dizziness

All personal information is kept confidential.

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EVENTS IN THE PHYSICAL ABILITY TEST

Event 1: Dry Hose Deployment

Candidate advances pre-connected 1.75-inch dry hose line for 120 feet. Each 50-foot section weighs 19 pounds, for a total of 57 pounds of dry weight. This event simulates extending a dry offensive hose line from an apparatus to a fire scene for fire fighting operations.

Event 2: Charged Hose Deployment

Candidate advances pre-connected 1.75-inch charged hose line for 70 feet. This event simulates extending a charged offensive hose line to the seat of a fire for fire fighting operations.

Event 3: Halyard Raise

Candidate raises and lowers the fly section of a 24-foot aluminum extension ladder with a halyard. The pull resistance of the ladder is approximately 26 pounds. This event simulates raising and lowering the fly of a 24-foot aluminum extension ladder in order to access higher floors for rescue, ventilation, and other fire fighting operations.

Event 4: Roof Walk

Candidate ascends and descends a 10-foot distance walking/crawling on the rungs of a 14-foot roof ladder while carrying a simulated 22-pound chain saw. This event simulates walking on a roof ladder with the appropriate equipment in order to perform ventilation operations.

Event 5: Attic Crawl

Candidate crawls a distance of 20 feet across a simulated attic area while carrying a simulated flashlight in his/her hands. This event simulates walking/crawling on joists in an attic to search for the extension of a fire.

Event 6: Roof Ventilation

Candidate stands on a pitched rooftop and strikes the roof 30 times with a 10-pound sledge hammer. This event simulates making a ventilation opening in a roof with an axe or sledge hammer in order to ventilate a fire.

Event 7: Victim Removal

Candidate carries or drags a 165-pound dummy for 18 feet. This event simulates removing an injured or unconscious victim from a hazardous area.

Event 8: Ladder Removal/Carry

Candidate removes a 14-foot aluminum roof ladder from mounted hooks, carries the ladder 65 feet around a corner, and replaces the ladder to the mounted hooks on the opposite side of the wall. The weight of the ladder is 30 pounds. This event simulates removing a ladder from an apparatus, carrying it to the site of use, and replacing it to the apparatus.

Event 9: Crawling Search

Candidate crawls on the ground floor for a distance of 70 feet. This event simulates crawling while conducting search and rescue, hose deployment, or attic operations in a burning structure.

Event10: Stair Climb with Hose

Candidate climbs four flights of stairs with a 37-pound hose bundle and then crosses the finish line on the ground floor. This event simulates climbing stairs with a hose bundle in order to fight fires in multiple-story buildings.

Test Events and Site Specifications

EVENT 1: Dry Hose Deployment

Description:

Candidate advances pre-connected 1.75-inch dry hose line for 120 feet.

Specifications:

- The hose is advanced forward 50 feet and then around one corner. The hose is then advanced another 50 feet and around a second corner. Finally, the hose is advanced a final 20 feet to the finish of the event.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

When performing this event, candidates should place the hose nozzle over their shoulder and onto their chests. It is important for candidates to lean their weight forward and move at a rapid yet safe pace.

Candidates are required to keep one hand on the hose nozzle at all times. If candidates do not keep one hand on the nozzle, they will be given a warning. If the behavior continues, the candidate will be required to start the event from the beginning.

When deploying the hose around the obstacles, candidates will be required to “over-shoot” or go past the obstacle and touch the designated area on the course before making the turn. This will reduce the friction on the hose and make it easier to deploy.

At the completion of the event, candidates are required to place the hose nozzle in the designated area. If the hose nozzle is not placed within the designated area, candidates will be asked to go back and set the nozzle in the appropriate place.

Candidates should be told not to throw the hose nozzle down at the end of the event but to place it in the finishing circle.

After successful completion of the Dry Hose Drag candidates should walk to the next event.

Methods shown to candidates:

Placing nozzle over the shoulder and onto the chest.

Leaning weight forward and moving at a rapid pace.

Keeping one hand on the hose nozzle.

EVENT 2: Charged Hose Deployment

Description:

Candidate advances pre-connected 1.75-inch charged hose line for 70 feet.

Specifications:

- The candidate will deploy a charged (with hydrant pressure) 1.75-inch hose line through a simulated doorway for 32 feet to a second doorway. The candidate will then deploy the charged hose line through the second simulated doorway at which time he/she will stoop progressively lower while deploying the hose for the remaining distance of 38 feet (to simulate deployment into a hot, smoky environment).
- A total of 70 feet of charged 1.75-inch hose line is deployed.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

When performing this event, candidates should place the hose nozzle over their shoulder and onto their chests. It is important for candidates to lean their weight forward and move at a rapid yet safe pace.

Candidates are required to keep one hand on the hose nozzle at all times. If candidates do not keep one hand on the nozzle, they will be given a warning. If the behavior continues, the candidate will be required to start the event from the beginning.

When deploying the hose around the obstacles, candidates will be required to “over-shoot” or go past the obstacle and touch the designated area on the course before making the turn.

Any of the following methods is acceptable for advancing the hose through the crawl tunnel:

1. Facing forward at all times
2. Turning Backwards in the crawl tunnel at any point

Candidates may not use the frames of the crawl tunnel to brace themselves to aide in advancing the hose.

At the completion of the event, candidates are required to place the hose nozzle in the designated area. If the hose nozzle is not placed within the designated area, candidates will be asked to go back and set the nozzle in the appropriate place.

After successful completion of the Dry Hose Drag candidates should walk to the next event.

Methods shown to candidates:

Placing nozzle over the shoulder and onto the chest.

Leaning weight forward and moving at a rapid pace.

Keeping one hand on the hose nozzle.

“Over-shooting” obstacle and touching designated area on the course.

Facing forward when deploying the hose underneath the obstacles. Facing backwards near the end of the crawl tunnel to aide in advancing the hose.

Placing the hose nozzle in the designated area.

EVENT 3: Halyard Raise

Description:

Candidate raises the fly section of a 24-foot aluminum extension ladder.

Specifications:

- Candidate must foot the ladder—placing one foot at the base of the extension ladder.
- Candidate may not lean back or stoop down when raising the halyard. Candidate must be standing relatively straight as if he/she were supporting the weight of the ladder.

Disqualifications:

- If the rope slips in the candidates’ hands a second time during the halyard raise, the candidate is disqualified from the test.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to brace one foot against the base of the ladder, also known as “footing the ladder.” If candidates do not properly foot the ladder they will be asked to lower the ladder and begin the event again.

Candidates may use one of two methods for raising the extension ladder. A candidate may use a thumbs-up, hand-over-hand raise or a thumbs-down, hand-over-hand raise. Candidates are allowed to use a two-handed method to begin the raise, but must continue the event with a hand-over-hand technique.

Candidates are not allowed to jump up and grasp the halyard. Both feet must remain on the ground at all times.

Candidates are not allowed to crouch down and use their lower body to perform the raise.

If the rope slips through the candidate's hands during the halyard raise, the candidate must restart the event from the beginning. If the rope slips through the candidate's hands a second time during the halyard raise, the candidate is disqualified from the test.

After successful completion of the Halyard Raise candidates should walk to the next event.

Methods shown to candidates:

Proper foot placement: one foot placed at the base of the ladder.

The hand-over-hand technique for raising the halyard (thumbs up and thumbs down).

The two-handed technique for starting the halyard raise, then completion of the raise with a hand-over-hand technique.

EVENT 4: Roof Walk

Description:

Candidate ascends and descends a 10-foot distance walking/crawling on the rungs of a 14-foot roof ladder while carrying a simulated 22-pound chain saw.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to touch every rung on the way up the ladder with at least one foot, including the rung near the top of the ladder designated with paint or tape. If candidates skip rungs on the way up the ladder, they will be required to start the event from the beginning.

Candidates are not required to touch every rung on the way down the ladder. Candidates should proceed down the ladder in a manner that is comfortable and safe.

Candidates are not allowed to turn around and walk down the ladder. If candidates fail to back down the ladder, they will be required to start the event from the point at which they turned forward.

Candidates are allowed to slide the chainsaw along the roof when backing down the ladder. Candidates may also carry the chainsaw when backing down the ladder. The chainsaw must be returned to the designated area after the completion of the event. If candidates do not return the chainsaw to the designated area, they will be asked to put it in the appropriate place before going to the next event.

After successful completion of the Roof Walk candidates should proceed to the next event.

Methods shown to candidates:

Touching every rung with at least one foot when climbing up the ladder, including the rung designated with tape or paint.

Skipping rungs on the way down the ladder.

Sliding the chain saw down the roof when backing down the ladder.

Carrying the chain saw when backing down the ladder.

Placing the chainsaw in the designated area.

EVENT 5: Attic Crawl

Description:

Candidate crawls a distance of 20 feet across a simulated attic area while carrying a simulated flashlight in his/her hands.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to pick up the simulated flashlight and proceed across the attic prop, staying below the barriers.

Candidates may either crawl on their hands and knees across the attic prop or “crab walk” on their hands and feet (as long as the candidates stay below the barriers).

If a candidate knocks over a barrier, the proctor will reset the barrier, and the candidate will start the event from the beginning.

Candidates may not drop their hands or feet through the joists, touching the ground below the attic prop. If candidates touch the ground they will be required to start the event from the beginning.

Candidates must place the simulated flashlight in the original designated box to signify the completion of the event. If candidates do not return the flashlight to the designated area, they will be asked to return it to the appropriate place before going to the next event.

After successful completion of the Attic Crawl candidates should walk to the next event.

Methods shown to candidates:

Crawling on hands and knees across the simulated attic.

Crab-walking (with hands and feet) across the simulated attic.

Placing the flashlight in the designated area.

EVENT 6: Roof Ventilation

Description:

Candidate stands on a pitched rooftop and strikes the roof 30 times with a 10-pound sledge hammer.

Specifications:

- For each strike, candidate is required to:
 - 1) raise the hammer above his/her helmet, **AND**
 - 2) maintain control of the sledge hammer at all times.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates will pick up the sledge hammer from the designated area. Candidates can either place one foot on the foot rest provided, or stand closer to the strike area if necessary.

For each strike, the candidates are required to raise the sledge hammer above their helmet and strike the roof while maintaining control of the sledge hammer.

The number of strikes will be counted out loud by the proctor during the event. Improper strikes will not be counted. An improper strike is one that is not raised above the helmet, or one in which control of the sledge hammer is not maintained at all times. If the sledge hammer is brought above the helmet and then simply allowed to fall back down to the prop, the candidate is not maintaining control of the sledge hammer.

After completing the event, the sledge hammer should be placed in the designated area. If candidates do not place the sledge hammer in the designated area, they will be asked to return it to the appropriate place before going to the next event.

After successful completion of the Ventilation Exercise candidates should walk to the next event.

Methods shown to candidates:

Foot placement: (1) one foot on the “foot rest”

(2) one foot closer to the strike area (not on the foot rest)

Acceptable methods: Candidates may use any method as long as they raise the sledge hammer above the helmet and maintain control of the sledge hammer at all times. The following are two methods that could be used by candidates.

1st Method: Candidates can place both hands at the bottom of the sledge hammer for each strike.

2nd Method: Candidates can slide their top hand to the top of the sledge hammer and back down to the bottom of the sledge hammer for each strike, while swinging the hammer in a round house motion.

Both methods require the sledge hammer to be brought above the helmet on every strike.

Unacceptable methods: Strikes not raised above the helmet and strikes in which control of the sledge hammer is not maintained at all times (as described above).

EVENT 7: Victim Removal

Description:

Candidate carries or drags a 165-pound dummy for 18 feet.

Specifications:

- The candidate carries or drags the 165-pound dummy (between 5 and 6 feet in height) 9 feet in one direction, goes around a cone, and carries or drags the dummy an additional 9 feet back to the starting point.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

There are several methods that may be used during this event:

- A) Dummy Drag (Under Arms): Candidates may grab the dummy underneath the arms, lift the torso of the dummy off of the ground, and drag the dummy around the course.

- B) Dummy Drag (Over Arms): Candidates may grab the dummy over the arms, lift the torso of the dummy off of the ground, and drag the dummy around the course.
- C) Dummy Drag (One or Two Arms): Candidates may grab the dummy by one or two arms and drag the dummy around the course.
- D) Dummy Carry: Candidates may carry the dummy, although this method is the most time-consuming and strenuous.

Candidates may not drag the dummy by the head, feet, or clothes.

Regardless of the method used, candidates must move the dummy completely around the cones and place the dummy back in the starting position. If candidates fail to carry or drag the dummy completely around a cone, they will be asked to go back and properly maneuver the dummy around the cone. If candidates fail to place the dummy back in the starting position, they will be asked to go back and put the dummy in the proper place before proceeding to the next event.

After successful completion of the Victim Removal candidates should walk to the next event.

Methods shown to candidates:

Dummy Drag (Under Arms): Candidate places his or her arms underneath the arms of the dummy and lifts the upper torso off of the ground for the drag.

Dummy Drag (Over Arms): Candidate places his or her arms over the arms of the dummy and lifts the upper torso off of the ground for the drag.

Dummy Drag (by one arm): Candidate drags the dummy by one arm.

Dummy Drag (by two arms): Candidate drags the dummy by two arms.

Dummy Carry: Full weight of the dummy is lifted off of the ground (weight can be placed over the shoulder, cradled in the arms, etc.)

Candidates should be shown how to move the dummy completely around the obstacles, replacing the dummy in the original starting position.

EVENT 8: Ladder Removal/Carry

Description:

Candidate removes a 14-foot aluminum roof ladder from mounted hooks, carries the ladder 65 feet around two cones and to the opposite side of the building, and replaces the ladder to mounted hooks on the opposite side of the wall.

Specifications:

- The 14-foot aluminum roof ladder should weigh 30 pounds. Two rungs on the ladder should be painted to signify those rungs closest to the mounted hooks. This is to aid candidates in placing the ladder properly back into position.
- The first cone is placed 19 feet to the left of the original starting point. The second cone is placed 29 feet in a straight line from the first cone.

Disqualification:

If a candidate requires a third intervention during the event, the candidate is disqualified.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

There are three methods that may be used when completing this event: (1) the High Shoulder Carry, the (2) Low Shoulder Carry, and (3) the Suitcase Carry. With all methods, candidates should begin by finding the balance point of the ladder. Rungs in the middle of the ladder, which should provide the best balance point, will be marked.

- A) High Shoulder Carry: In the high shoulder carry the entire ladder sits on the top of the candidate's shoulder. Candidates may place the ladder directly on their shoulder from the mounted hooks and proceed around the designated area, replacing the ladder to the hooks directly from the shoulder.
- B) Low Shoulder Carry: In the low shoulder carry the top beam of the ladder sits on the top of the candidate's shoulder. Candidates may place the ladder directly on their shoulder from the mounted hooks and proceed around the designated area, replacing the ladder to the hooks directly from the shoulder.
- C) Suitcase Carry: In this method the top beam of the ladder is held in one arm like a suitcase.

The candidate shall remove the ladder and walk 19 feet towards the first cone, turn around the outside of the cone and walk another 29 feet to the second cone, turn around the outside of the second cone and walk 17 feet to the mounted hooks on the wall.

If, in the proctor's opinion, the candidate loses control of the ladder while carrying it around the designated area, the proctor may intervene. The proctor will take the ladder from the candidate, placing it on the ground at the place where the candidate lost control. The candidate can then pick the ladder up (in any fashion) and continue.

When replacing the ladder, both ends of the ladder must be in control and off of the ground. If one end of the ladder hits the ground during replacement, the proctor will assist the candidate in grounding the ladder and the candidate will then be required to replace it properly.

The ladder must be replaced on the hooks in the original position it was found on the opposite wall. There will be rungs painted on the ladder to assist candidates in this process. If the ladder is not replaced in the original position, candidates will be required to remove the ladder and replace it in the proper position.

Candidates are not allowed to lean or brace the ladder against the wall during replacement. If a candidate leans the ladder against the wall, they will be required to remove the ladder and replace it properly.

While performing this event, candidates are allowed two penalties. A penalty includes any two of the following:

- A) When candidates drop the ladder;
- B) When candidates lose control of the ladder and the proctor assists in grounding;
- C) When candidates voluntarily ground the ladder to gain stability; and lastly,
- D) When the ladder falls over the neck of the candidate, with the candidate's neck between ladder rungs. In this case, the proctor will assist in the removal and grounding of the ladder.

If a third penalty occurs, candidates will be disqualified.

After successful completion of the Ladder Removal/Carry candidates should walk to the next event.

Methods shown to candidates:

Finding the balance point of the ladder.

Placing ladder directly on shoulder from mounted hooks.

Grounding the ladder.

High shoulder carry.

Low shoulder carry.

Suitcase carry.

Properly replacing the ladder (with both ends off of the ground and in the appropriate position).

EVENT 9: Crawling Search

Description:

Candidate crawls on the ground floor for a distance of 70 feet. Candidate stands up and walks to the next event.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to crawl on their hands and knees around the designated area on the ground floor.

After completing the crawl candidates must stand up and walk to the next event.

Methods shown to candidates:

Crawling on hands and knees across floor.

Standing up and walking to the next event.

EVENT 10: Stair Climb with Hose

Description:

Candidate climbs 4 flights of stairs with a 37-pound hose bundle (composed of 100 feet of synthetic 1.75-inch hose) and crosses the finish line carrying the hose bundle.

Specifications:

- Approximately sixty-four (64) total steps are climbed (not including a landing on each floor).
- Candidates may skip steps on the way up the stairs.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

There are two ways in which the hose bundle may be carried. Candidates may put the hose bundle over their left or right shoulder and proceed up the stairs. Candidates may also carry the hose bundle in their arms, although this method is not the most efficient.

Candidates are allowed to skip steps on the way up to the fifth floor.

Candidates are not allowed to skip steps on the way down the stairs. Every step must be touched. If candidates fail to touch a step with their foot, they will be required to go back and touch that step before proceeding down the stairs.

Once the candidate has ascended and descended the staircase, the candidate crosses the finish line carrying the hose bundle.

Methods shown to candidates:

Carrying the bundle on top of the right and left shoulder.

Carrying the bundle in their arms.

Crossing the finish line while carrying the hose bundle.