

CITY OF LUFKIN FIRE DEPARTMENT

PHYSICAL AGILITY TEST

APPLICANT NAME _____

DATE _____

The following information is being collected for the purpose of reporting to Federal and Equal Opportunity Agencies and will not be considered as part of the application for employment.

Sex M F

Ethnic Origin – White Black Hispanic Asian/Pacific Islander American Indian/Alaskan Other

STEP #1

Applicant must be able to climb the Aerial ladder fully extended (approximately 85 feet).

Applicant will climb the ladder from the platform to the top, touching the tip of the ladder and proceeding back down the ladder to the platform. This test is to be completed in a continuous climb and descent with no stops or hesitation. The angle of the ladder will be 70 degrees.

This test is designed to ascertain the absence of Acrophobia (fear of heights). Firefighters are required to perform fire fighting and rescue work above ground level.

PASSED _____ FAILED _____

STEP #2

Applicant must pull an object from the ground to the top floor of the drill tower.

The object will be attached to a rope. This task must be performed in a continuous motion, hand over hand on the rope, no stops will be allowed.

This test is designed to check the arm and back muscles for strength and stamina. This is a duplication of action that is required to raise equipment above ground level. The weight of the object is approximately fifty (50) pounds.

PASSED _____ FAILED _____ EVOLUTION TIME _____

STEP #3

Applicant will perform high rise hose carry.

Applicant must be able to carry a fifty (50) foot section of 2 ½ inch fire hose and nozzle (approximately 65 lbs.) up and back down seven floors of the drill tower. The fire hose will be folded and can be carried on either shoulder. The nozzle can be carried with either hand. Allotted time is 3 minutes; this exercise will be followed by a two (2) minute rest period.

This test is designed to test leg, back and arm strength and stamina as well as lung capacity and the general stamina of the applicant.

PASSED _____ FAILED _____ EVOLUTION TIME _____ REST TIME _____

STEP #4

Applicant must strike beam on Keiser Sled

Applicant will straddle beam on Keiser Sled, use 9 lb. shot hammer to strike beam and drive it backwards a distance of five (5) feet. Pushing, raking, or dragging beam is not allowed and will result in disqualification. Only the face of the head of the hammer is allowed to strike the beam. After driving the beam 5 feet, place the hammer at the designated area beside the sled. Allotted time is one (1) minute

This test is designed to test the applicant's upper body strength, and ability to force entry or breach a roof.

PASSED _____ FAILED _____ EVOLUTION TIME _____

STEP #5

Applicant must be able to complete a “dummy drag” of approximately 175 pounds.

The applicant will grasp “Rescue Randy” from behind and under the arms. Applicant must proceed backwards for 100 feet. This exercise must be accomplished within one (1) minute. This exercise will be followed by a one (1) minute rest period.

This tests the applicant’s ability to perform rescue recovery of a conscious/unconscious victim.

PASSED _____ FAILED _____ EVOLUTION TIME _____ REST TIME _____

STEP #6

Applicant must drag a charged 2 1/2-inch fire hose. Two (2) fifty (50) foot (total 100 feet) sections of fire hose will be charged with water and fully extended from a hydrant.

The applicant will grasp the nozzle attached to the fire hose, turn and proceed to drag the hose back toward the hydrant, passing the hydrant and continuing until the one section of the fire hose has passed the 4 1/2 inch outlet on the hydrant. This exercise must be accomplished within one (1) minute.

This test is designed to test the applicant’s ability to perform a task that is required on the fire ground, advancing charged, heavy hose lines.

PASSED _____ FAILED _____ EVOLUTION TIME _____

The Lufkin Fire Department Physical Agility test was administered to the above named applicant. Failure of any one step results in a fail for the test.

Based on the performance of the above applicant, he/she passed _____ failed _____ the agility test.

APPLICANT SIGNATURE: _____

ADMINISTERING OFFICER: _____

TRAINING OFFICER: _____

FIRE CHIEF: _____