



THE SAINT PAUL FIRE DEPARTMENT
2010 FIREFIGHTER PHYSICAL PERFORMANCE TEST
Amended 04/12/2010

1. CLIMBING STAIRS UNDER LOAD:

Candidate shoulders (from 60" high table) a standard high-rise pack of 100' - 1 $\frac{3}{4}$ " hose weighing approximately 58 lbs. The candidate then carries the bundle up to the 5th floor landing inside the drill tower. Upon reaching the 5th floor landing, candidate places bundle of hose in designated area (both feet must be on the 5th floor landing before dropping the bundle) and returns to the bottom of the tower.

NOTE: Candidate must touch each of the 64 steps on the way down.

**** Candidate proceeds to next station (75 feet) ****

2. DRAGGING A CHARGED HOSELINE:

Candidate picks up the nozzle of a charged 1 $\frac{3}{4}$ " hoseline from hydrant, places it over the shoulder, and drags it a distance of 75'. Candidate lays hose down once the distance is reached.

**** Candidate proceeds to next station (27 feet) ****

3. VICTIM RESCUE:

Candidate lifts (from under the arms and from behind) a 175 lb. rescue mannequin, and drags it 100' while walking backwards. Once the feet of the mannequin pass a designated mark, candidate releases the mannequin and proceeds to next station. Candidates may allow the feet of the mannequin to lift off ground.

NOTE: Candidates must initially lift from under the arms, and pull mannequin backwards. In the event the candidate loses his/her grip, he/she may complete the station by gripping either the jacket, one arm, or both arms, and continue pulling the mannequin backwards until the feet have crossed designated mark. At no time may the candidate pull by the head or allow the head to drag.

**** Candidate proceeds to next station (35 feet) ****

4. EQUIPMENT CARRY:

Candidate picks up a 12" steel exhaust fan (weighing approximately 47.5 lbs.) with one or both hands, and carries it while walking a distance of 150'. Candidate places fan in marked box on ground.

NOTE: Fan cannot be carried on the candidate's shoulder.

**** Candidate proceeds to next station (17 feet) ****

5. FORCIBLE ENTRY SIMULATOR: (Keiser Force Machine™)

Candidate straddles a steel beam girder with Teflon® glides. Using an overhead chopping motion with an 8-lb. shotmallet (similar to a sledgehammer), the candidate drives the girder a distance of 5' along a stainless steel track.

EQUIPMENT: The Candidate must complete this exam while wearing the following equipment:

- ◆ A fire turnout coat (approx. 8 lbs.)
- ◆ A weighted vest (20 lbs.)
- ◆ Gloves
- ◆ An empty SCBA air tank (18.25 lbs.)
- ◆ Fire helmet (2.5 lbs.)

Candidates will not be allowed to wear or use their own equipment except for a pair of gloves. Candidates will be allowed to use their own leather work gloves at their own risk. Gloves are subject to approval. Batting, golf, or gardening gloves are NOT acceptable. Gloves will also be provided. Equipment must be kept on during the entire test. If the helmet falls off during any portion of the test, candidate must replace it immediately and continue on with the test. The time will continue to run.

TIME: Timing will begin as soon as the candidate crosses the start line, and will continue until the steel girder from the Keiser Force Machine™ reaches the end of the stainless steel track. Candidates may stop and rest at any time during the exam, but the stopwatch will continue to run. In order to pass the exam, candidates must complete the 5 exercises in a maximum of

7:00 MINUTES.

While running is not allowed, candidates are encouraged to progress as quickly as possible through the test.

