

FIREFIGHTER PHYSICAL PERFORMANCE TEST

INSTRUCTIONS TO CANDIDATES

You should complete the physical performance test as quickly and safely as you can. You should do each task as well as you can, and give it your best effort in conformity with the test instructions.

While running is not allowed during the test, you should proceed between stations as quickly as possible. If you run or miss a step when going down the drill tower, you will be ordered to go back to where the infraction occurred to correctly complete that portion of the exercise. You must follow the lines indicated on the ground for each station. Cutting corners is not permitted. The time will continue while the correction is made. **Running** is defined as having both feet off of the ground at one time.

Climbing Stairs under Load (Hose Carry):

- You may adjust the bundle while it's on the table before the time starts. The entire bundle must be on the table (no portion will be allowed to hang over the edge). After you adjust the bundle, stand behind the start line and let the timer know you are ready.
- Bundle must be on your shoulder at all times. If it falls, you must place it back on your shoulder.
- Both feet must touch the fifth floor landing before lowering bundle.
- The bundle must be placed inside the red square on the fifth floor landing before descending stairs.
- You may skip steps on the way up.
- You must touch every step while descending tower.
- Candidate must walk around cone, following yellow line to the next station.

Dragging a Charged Hose Line:

- The hose must be carried over the shoulder. The nozzle must not drag on the ground.
- As the nozzle is placed on the ground, the entire metal nozzle, including the metal couplings, must completely cross the finish line indicated on the ground.
- Follow the yellow line to the next station.

Victim Rescue:

- You must initially lift the rescue mannequin from under the arms and from behind and pull the rescue mannequin backwards.
- If you lose your grip, you may complete the station by gripping either the jacket, one arm, or both arms and continue pulling the mannequin backwards.
- You may allow the feet of the mannequin to lift off the ground.
- You are not allowed to pull by the head of the mannequin, or allow the head to drag on the ground.
- Both feet of the rescue mannequin must completely cross the finish line indicated on the ground.
- Follow the yellow line to the next station.

Equipment Carry:

- You are not allowed to carry the fan on your shoulder or head. You are not allowed to drag the fan.
- You must place the fan completely in the red square indicated on the ground at the end of the task.
- Follow the yellow line to the next station.

Forcible Entry Simulator (Keiser Machine):

- No hooking or pulling of the steel girder is allowed. A second infraction will result in disqualification.
- The steel girder must pass the end of the stainless steel track. Timers will yell, "STOP" to indicate when you have completed the test.

IMPORTANT INFORMATION:

- The maximum time limit for the Physical Performance Test (PPT) is 7 minutes. Candidates will be considered as having failed the test after 7 minutes. If you are still participating in the test after 8 minutes you will be notified that 8 minutes have elapsed and you will be instructed to leave the course.
- Please note that while the test is being conducted, the timers are not allowed to provide candidates with encouraging statements such as “You’re doing great!” or “The hard part is over!”
- All equipment must be worn during the test. Make sure all equipment fits properly before starting the test. If, for example, a glove or helmet falls off, you must stop **immediately** to put the equipment back on and proceed with the test. The stopwatch will NOT stop. Timers will not help you correct equipment.
- There will be two timers for each candidate. You may receive instruction from both timers during the course of the test.
- You will not be allowed to ask for your time during the Physical Performance Test. You will receive your time at the end when you have completed the entire test.
- Once you start the exam, you must continue with each exercise regardless of any change in the weather. The test monitor will stop you if it is deemed necessary.
- Once you start the exam, you must continue regardless of any equipment failure or malfunction. The monitor will stop you if it is deemed necessary.
- After you have read these instructions, sign below and give to the check-in personnel. You will then proceed to the next room where you will get dressed in the fire gear.
- If you have any questions, please ask the check-in personnel or timers **before** you begin.

Physical Performance Test Time	Physical Performance Test Band Score
Less than 3 minutes, 30 seconds	100
3 minutes, 30 seconds – 4 minutes, 14 seconds	95
4 minutes, 15 seconds – 4 minutes, 59 seconds	90
5 minutes – 5 minutes, 44 seconds	85
5 minutes, 45 seconds – 7 minutes	80
More than 7 minutes	Fail