

Firefighter Physical Ability Test

SECTION 1: SUMMARY OF PHYSICAL ABILITY TEST

A. General Description

The Firefighter Physical Ability Test (FPAT) is designed to assess a candidate's capacity to perform the tasks ordinarily performed by a firefighter while on the job. This is accomplished by requiring the candidate to perform a series of events that both simulate firefighter activities and depend on the physical abilities required to perform the firefighter's job. These abilities include cardiovascular fitness, muscle strength, muscular endurance and flexibility. This test is physically demanding and requires you to be physically fit to be successful.

B. Preparation for FPAT

Candidates are advised of the following:

- Wear appropriate clothing for physically demanding work. Wear loose long pants, such as a warm-up suit or sweatpants.
- Wear sneakers or rubber soled shoes.
- You may wear kneepads, however, they WILL NOT be provided for you. You must bring your own kneepads if you want to wear them.
- Candidates may not use any extraneous piece of equipment (e.g. harnesses, straps) that they may bring with them to help perform an event. They may only use the material and equipment provided for the test event. However, personal safety appliance (e.g. knee brace, ankle brace) will be allowed, but they WILL NOT be provided.

Because the FPAT is physically demanding, it is suggested that you refrain from eating at least two hours before the examination. However, you are urged to drink plenty of fluids beginning the day before the test and continuing up until the time you are tested. Avoid drinking caffeinated beverages. You are also advised to stretch and warm up before participating in this test.

C. Arrival

Your physical ability test will be given at the Dutchess County Emergency Response training facility at 392 Creek Road in Hyde Park near the intersection of Dorsey Lane. **You must arrive on the date and time designated on the notice sent to you from the City of Newburgh Civil Service office. You must bring the notice**

and photo identification with you to the test. Failure to appear for your scheduled appointment will result in the automatic removal of your name from the eligible list.

D. Check in

At the time of check in, you must present the notice which was mailed to you and your picture identification. You will be given a Candidate Score Sheet that you must fill out prior to taking the test. You will also be required to fill out an emergency notification card, a statement of health and a waiver form.

E. Getting Started

You will be assigned an individual who will be with you through the entire test noting your progression on the events. They will read you instructions for the each event prior to the task. With the exception of the first task, this will be during your walk from one event to the next.

As soon as you indicate your readiness to the Evaluator, he will start the stop watch. Two stopwatches will accompany you, one being the official time and the second being a back up in case of failure. At the designated maximum time, if you have not completed the entire test, the evaluator will stop you and the test shall be terminated and you shall receive a failure for the test.

F. General Information

All of these events require you to be cardiovascular fit and have adequate muscle strength, endurance and flexibility.

Attached is a list of the events and sequence you will be required to perform. You must satisfactorily complete each component to be allowed to proceed to the next event. You must pass all events to be qualified to remain on the eligible list for this examination.

SECTION 2: THE EVENTS AND SEQUENCE

The Firefighter Physical Ability Test consists of eight events that require you to perform simulations of activities that are part of the firefighter's job. As indicated above, these events require cardiovascular fitness, muscle strength, muscular endurance and flexibility. Each event will be timed. During all events, you will wear a 50-pound weighted vest that approximates the weight of the clothing, equipment and breathing apparatus that a firefighter normally wears during these types of activities. In addition you will wear a helmet with chin strap and gloves throughout the entire test. Intentional removal of any piece of equipment will constitute a failure. If equipment becomes dislodged or accidentally removed during the test, you will need to stop and replace the equipment with no assistance. During the first event only, an additional 25-pounds will be added to simulate carrying a hose pack. The course path will be laid out from each station on the ground with painted line. There is an 85-foot walk between each station, which constitutes a rest period. The events are described below. They will most likely be performed in the order listed.

Please note that the specific weights, distances, etc. may vary slightly from what is described below.

1. Stair Climb and Hose Raise

Purpose

This is designed to simulate climbing stairs with turnout gear, an air pack and hose pack to a fire on the upper floors of a structure, then raising an additional hose in preparation of fire control and evaluating for fire extension to areas above the fire. This task evaluates aerobic capacity, lower body endurance and upper body strength. You should concentrate on aerobic exercises and strengthening the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back, biceps, deltoids, triceps, and forearms.

Event

You will start at the base of the tower, walk up to top floor (5). No running is allowed and all steps must be contacted. At top floor (5), you shall hoist a 2 ½" hose and 2 ½" nozzle (Rockwood) to the floor and bring the nozzle into the window and on the ground. You will then proceed to the roof to a marked area. You will then walk down the stairs to base. At the base of the tower, the extra 25# is to be removed.

Failures

You may only use the handrail for balance while walking unless you come to a complete stop. Running is not permitted. Violations of either will constitute a warning. Two warnings are permissible. After the third warning, the test shall be terminated and you will receive a failure for the test. If you lose control of the hose on the hoist and it falls to the ground with nozzle hitting, you will receive a failure for the test.

2. Hose Advance and Pull

Purpose

This event is to simulate a firefighter advancing an uncharged hose line around an obstacle to a position at a fire building and pulling the uncharged hose line to a position to prepare for extinguishment. This event evaluates your aerobic capacity, arm strength, and handgrip, endurance and lower body and upper back muscle strength. Training should concentrate on aerobic exercises and the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back, biceps, deltoids, triceps, upper back and forearms.

Event

You will grasp a 1-1/2" nozzle (Rockwood) attached to 200' of dry (not charged) 1-3/3" hose. You will place the hose line over your shoulder or across your chest. You are permitted to run during the hose drag. You will drag the hose 75' to a pre-positioned drum, make a 90° turn, and continue an additional 25'. You will then stop within the established marked 7' x 7' box, drop to at least one knee and pull 50' of hose, as indicated by a marked coupling, to yourself in the box.

Failures

You must go around a positioned drum and follow the path designated on the ground. During hose pull, one knee must remain in contact with the ground and you must remain in the designated area. Violations of any will constitute a warning. Two warnings are permissible. After the third warning, the test shall be terminated and you will receive a failure for the test.

3. Equipment Carry

Purpose

This event is designed to simulate the task of removing tools from a compartment and carrying them to the fire scene as well as carrying them back and placing them back on the fire apparatus. This event evaluates your aerobic capacity, arm strength and handgrip, endurance and upper body muscle strength. Training should concentrate on aerobic exercises and the following muscle groups: biceps, deltoids, triceps, upper back and forearms, trapeziums, quadriceps, hamstrings, and glutes.

Event

You will remove 2 saws from a cabinet that is 48" off the ground, one at a time, and then place them on the ground. You will then pick both saws up, one in each hand, and carry them while walking 75' around a cone then back to the starting point. You will then return the saws to the ground and then pick each saw up, one at a time, and replace the saws in the designated space in the cabinet. You are allowed to stop and set the equipment on the ground to readjust their grip.

Failures

If you drop either saw on the ground, the test shall be terminated and you shall receive a failure for the test. Running during the test will constitute a warning. The second warning constitutes a failure and the test shall be terminated and you shall receive a failure for the test.

4. Ladder Raise, Extension and Climb

Purpose

This event is designed to simulate raising a ladder to a vertical position and extending it to a working height then climbing the ladder to the intended area. This event evaluates aerobic capacity, arm strength and handgrip, endurance, balance, upper and lower body muscle strength. Training should concentrate on aerobic exercises and the following muscle groups: biceps, deltoids, triceps, upper back and forearms, trapeziums, quadriceps, hamstrings, and glutes.

Event

The candidate will walk to the top rung of the 24' aluminum extension ladder, lift the unhinged end and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately proceed to the pre-positioned and secured 24-foot extension ladder and extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position.

Failures

A candidate's failure to contact all rungs in hand over hand fashion will receive a warning. A second warning will constitute a failure and test shall be terminated and candidate receives a failure for the test. If you allow the ladder to fall to the ground or the safety lanyard is activated because you released your grip on the ladder, the test shall be terminated and candidate receives a failure for the test. If you do not maintain control of the ladder in a hand over hand manner, or let the rope lanyard slip in an uncontrolled manner, the test shall be terminated and candidate receives a failure for the test. If a candidate loses control of the ladder and drops it to the ground or bottom stop during the lift or fly raise, the test shall be terminated and candidate receives a failure for the test.

5. Forcible Entry Simulation

Purpose

This event simulates the force needed to force entry on a locked door or to breach a wall. This event evaluates aerobic capacity, arm strength and handgrip, upper body muscle strength and endurance. Training should concentrate on aerobic exercises and the following muscle groups: quadriceps, glutes, triceps, upper back and forearms, and trapeziums.

Event

You will use a 10 lb. sledgehammer and strike a weighted tire in a horizontal direction on a 35- inch high table. Tire is to move from start position to end position as marked. You then place the sledgehammer on the ground.

Failures

Failure to maintain control of sledgehammer and release from both hands and throwing down of the sledgehammer upon completion will constitute a failure and test shall be terminated and you receive a failure for the test

6. Search

Purpose

This event simulates the task of searching for a victim in a darkened environment as well as the challenge to move around obstacles. This event evaluates aerobic capacity, upper body muscle strength, endurance, balance, agility, and evaluates a phobia of confined and darkened spaces. Training should concentrate on aerobic exercises and the following muscle groups: quadriceps, triceps, abdominal, shoulder, chest and lower back.

Event

You will crawl on your hands and knees through a darkened tunnel maze. At a number of locations in the tunnel, you will navigate around, over and under obstacles. The maze will make two 90° turns during the course of the event. In addition, you will crawl through narrowed spaces where the dimensions of the tunnel are reduced. The course is darkened and an evaluator will walk along side of you through the course. You cannot receive any assistance through the maze. Any request for assistance must be made by stating that you need help and it is understood that you are terminating the test.

Failures

A request for assistance or help or if you stop the test and test shall be terminated and you shall receive a failure for the test. If you panic, and in the opinion of the spotter or evaluator, you need assistance, this will be considered a request for assistance and the test shall be terminated and you shall receive a failure for the test.

7. Rescue

Purpose

This event is to simulate the removal of an injured victim or partner from a fire scene. This event evaluates aerobic capacity, upper and lower body muscle strength, endurance, and grip strength. Training should concentrate on aerobic exercises and the following muscle groups: quadriceps, triceps, abdominal, shoulder, chest, lower back, trapezius, hamstrings, rotators, latissimus, biceps, forearm and hand grip.

Event

You will grasp a 165 lb. mannequin by the handle(s) of the harness attached to the mannequin by either one or both handles and drag it 35' to a pre-positioned drum, make a 180° turn around the drum and continue an additional 35' across the finish line. The mannequin is permitted to touch drum and you are allowed to stop and, if needed adjust their grip.

Failures

Grasping or resting on the barrel or drum will constitute a warning. The second warning constitutes a failure and the test shall be terminated and you shall receive a failure for the test.

8. Ceiling Push and Pull

Purpose

This event simulates the task of a firefighter breaching and pulling ceilings looking for hidden fire. This event evaluates aerobic capacity, upper and lower body muscle strength, endurance, and grip strength. Training should concentrate on aerobic exercises and the following muscle groups: quadriceps, triceps, abdominal, shoulder, chest, lower back, trapeziums, hamstrings, rotators, latissimus, deltoids, biceps, forearm and hand grip.

Event

You will remove the provided pike pole from the bracket, stand within the boundary established and place the tip of the pole on the painted area of the hinged door in the ceiling. You will fully push up the hinged door in the ceiling with the pike pole 3 times. You then proceed to hook the pike pole to the ceiling device and pull the pole down five times. Each repetition consists of three pushes and five pulls. You will repeat the process four times.

Failures

Failure to complete proper set sequence will result in evaluator asking to complete appropriate set. A warning is given for a pike pole dropped to the ground. A dropped pike pole must be picked up with assistance. The second warning constitutes a failure and the test shall be terminated and you shall receive a failure for the test. Feet must remain in marked boundary lines. Failure to have feet remain in boundary lines, you will receive one warning. The second warning constitutes a failure and the test shall be terminated and you shall receive a failure for the test.

The event, and the total test time, ends when the applicant completes the final pull stroke repetition or if the time established is exceeded.

Completion of Test

When you are finished with the last event or if the designated overall time is exceeded, the test will conclude and results recorded on your Candidate Score Sheet. You will not be given the results at this time. You and your evaluator are to proceed to the re-habilitation area. Papers will be turned into the Dutchess County Personnel Test Administrator at the check in and check out area. At the rehabilitation area, you will be evaluated for adequate rehabilitation and your vital signs will be monitored. When you are ready to leave, you will report to the check out area where you will be given your results and be required to sign out.