

Plainfield Fire Department

Physical Ability Testing Process

- The physical ability test consists of six evolutions which must be completed in order.
- The candidate has 13 minutes to complete all evolutions. Rest breaks are allowed, but the stopwatch will continue to run during any breaks.
- The candidate must wear a turnout coat, helmet, fire gloves, and SCBA (without face piece) during the test. All of this equipment will be provided by PFD.
- The candidate may wear tennis shoes or any other type of closed-toe shoe. Any type of shorts or pants is permitted.
- The candidate must walk during every part of the test. A warning will be issued for running. A second warning will result in disqualification.

EVOLUTION #1

EQUIPMENT CARRY

EQUIPMENT NEEDED:

- 2 ½" HOSE PACK (50')
- MEDICAL JUMP BAG
- DRY CHEMICAL EXTINGUISHER
- 1 STORY OF STAIRS
- 100' STRAIGHT LINE TO STAIRS

PROCEDURE: Pick the items up one at a time and carry them up the stairway and place the items in the taped outline to the right of the landing. Once the last item is placed in the box, go down the stairway empty handed and return to the starting point. Then go back up the stairway to retrieve each item one at a time and return it to the starting point. The items can be carried up and down the stairs in any order. Items may be carried in any fashion as long as it's done in a safe manner.

Notes:

- 2 1/2" Hose Pack = 35 lbs.
- Medical Jump Bag = 25 lbs.
- Dry Chemical Extinguisher = 34 lbs.

EVOLUTION #2

SIMULATED RESCUE

EQUIPMENT NEEDED:

- RESCUE RANDY DUMMY
- 2 CONES
- 50' STRAIGHT LINE PATH

PROCEDURE: Starting at the 1st cone, drag or carry Rescue Randy to the 2nd cone which is 50' away. Drag or carry the dummy around the 2nd cone and return it to the 1st cone.

Notes: The Rescue Randy dummy weighs 175 lbs.

EVOLUTION #3

FORCIBLE ENTRY

EQUIPMENT NEEDED:

- KEISER FORCE MACHINE
- 9 lb. RUBBER SHOT Mallet

PROCEDURE: Stand on the platform over the sliding beam. Grasp the shot mallet and strike the beam until the front of the beam reaches the middle of the track. The candidate may swing the mallet in any fashion.

EVOLUTION #4

LADDER OPERATIONS

EQUIPMENT NEEDED:

- 12' ROOF LADDER
- WALL WITH TARGET

PROCEDURE: Pick up the ladder from the floor and carry it to the designated wall. Place the ladder against the wall underneath the target area and adjust it to a safe climbing angle. The proctor will heel the ladder and the candidate will climb the ladder one rung at a time until they can touch the target area. Touch the target area with one hand and descend the ladder. Lower the ladder and return it to the starting point.

Notes: Ladder weight = Approximately 30 lbs.

EVOLUTION #5

HOSE PULL

EQUIPMENT NEEDED:

- 100' OF 2 1/2" HOSE W/ NOZZLE
- UTILITY ROPE
- TRAINING TOWER

PROCEDURE: From the top of the training tower, grasp the utility rope and use it to pull the nozzle onto the platform. Continue to pull up the 2½" hose until the first 50' section is on the platform. Once candidate reaches the coupling between the 1st and 2nd section of hose, the evolution is concluded. Candidates **MUST USE THE HAND OVER HAND METHOD** to pull up the rope and the hose. This is a test of arm strength. Dragging the rope or hose against the railing is not permitted. The candidate may not use their body to gain leverage in any way.

Note: The rope has a tendency to slip through fire gloves. Grip strength is important.

EVOLUTION #6

HOSE DRAG

EQUIPMENT NEEDED:

- 150' 1 3/4" HOSE (CHARGED)
- NOZZLE
- 100' UNOBSTRUCTED PAVED AREA

PROCEDURE: Pick up the nozzle at the 1st cone and drag the charged hoseline 100' to the 2nd cone. The evolution is concluded once the candidate reaches the 2nd cone.

Set-up Note: The hoseline is charged and laid in a straight line to the rear of the apparatus. The nozzle is then brought back to the 1st cone which should be approximately even with the discharge.