



Comprehensive Options
for Police Selection

C.O.P.S. and F.I.R.E.

Personnel Testing Service

Specializing In Law Enforcement and Fire Service Testing Options



Firefighter Individual
Readiness Evaluations

FIREFIGHTER PHYSICAL ABILITY TEST FACT SHEET

The firefighter physical ability tests conducted by F.I.R.E. Personnel Testing Service are in compliance with Public Act 97-0251 regarding firefighter examinations and testing and is based upon industry standards. It measures an applicant's strength under both anaerobic and aerobic conditions.

1. AERIAL LADDER CLIMB – This is a pass/fail event
The applicant must climb a minimum of 50 feet, or a height specified by the municipality, up a ladder and back down again without repeated or prolonged stops during the ascent or descent. This test will be conducted using an aerial ladder. It is a test of the individual's balance and stability as well as fear of great height.
2. SIT-UPS – Timed event – 35 minimum within 1 minute
The individual must complete as many bent leg sit-ups as possible in one minute with hands held behind their head. This test assesses the endurance level of the applicant's abdominal muscles. Strong abdominal muscles are needed for maintaining good posture and minimizing lower back problems.
3. SIT AND REACH – 16 inches minimum
The applicant will sit flat on the floor with legs straight out in front of their body and arms extended out stretching forward to reach beyond their toes. Flexibility of the lower back and upper leg area will be measured. This is important for good job performance involving range of motion and is important in minimizing lower back problems.
4. EXTENSION LADDER CLIMB – This is a pass/fail event
The recruit must climb and descend approximately 25 feet on a ladder with an air pack of approximately 25 pounds strapped to their back. This event tests for an individual's minimum distance endurance on arms and legs with added weight.
5. VICTIM RESCUE – Timed event – 12 seconds or less
The applicant will run a distance of 30 feet from the starting point to a vehicle, open the door and remove a 150 pound simulated victim from the front seat and drag it back to the starting point. This event simulates removing a person from a wrecked and/or burning car and dragging them to a safe area.

6. **STRETCHER CARRY – This is a pass/fail event**
The individual will climb and descend a flight of stairs while grasping a weighted object of 75 pounds while holding their arms in a crooked position. This event simulates assisting in transporting a stretcher with a victim up or down a flight of stairs.

7. **M A Z E – This is a pass/fail event**
The recruit, with an air tank and blackened face piece (will not be connected to air tanks), will be required to crawl on their hands and knees, following a life-line through a pre-arranged course with obstacles. Any action on the part of the individual to raise or remove the mask prior to completion of the event, or to release both hands from the lifeline, or loss of direction, will result in failure of the event. This event is testing for claustrophobia and how well the individual can handle a life threatening emergency situation.

8. **FLEXED ARM HANG – Timed event – 30 seconds minimum**
The applicant will mount a chinning bar with his/her palms facing away from their body and then adjust their body to a position where the chin is level with the bar. On command he/she is released from the supports and proceeds to maintain their position as long as possible. Timing will continue until their arms are extended to 135 degrees. This event is used to assess the individual's upper body and arm strength.

9. **QUARTER MILE RUN – Timed event – 1 minute 30 seconds or less**
The individual will run a quarter mile course or a total of 440 yards depending on facilities available. This event is used to measure the heart and vascular system's capability to transport oxygen. This is an important area for job performance involving stamina and endurance and will help to minimize the risk of cardiovascular problems.

ADDITIONAL INFORMATION:

- EAT A LIGHT MEAL IF SO DESIRED
- WEAR LOOSE, COMFORTABLE CLOTHING
- GYM SHOES ARE RECOMMENDED

***** SPECIAL NOTE *****

The events may not be given in the exact order listed.

This test will be given regardless of weather.

A compensation factor may be worked into the scoring to adjust for adverse weather conditions.

It is strongly recommended that every applicant take a few minutes to loosen up before starting the test.

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