

PHYSICAL ABILITY TEST (PAT)

The job of a firefighter is very physically demanding. Firefighters may be required to perform physical tasks at fire scenes such as: climbing ladders, carrying or dragging and connecting fire hoses, victim rescue, Forcible entry etc.

Once you have successfully completed the written exam, you may sign up to participate in a physical ability test. This part of the testing is PASS/FAIL. Each candidate is allowed one attempt to pass the test. No additional attempts are permitted.

Testing Day

1. Get a good night's rest before the test.
2. If you eat prior to the test, it is best to eat light.
3. Bring your driver's license. *
4. Wear long pants and closed-toe shoes. *
5. Arrive before your appointment time so you may "warm up" before the test.

* No one will be admitted to the testing center without a valid driver's license and their test booklet. All participants must wear long pants and closed-toe shoes.

The PAT consists of seven events:

1. Stair climb with high rise pack
2. Hose hoist
3. Ladder extension
4. Fire department connection hook up
5. Hose drag
6. Hose carry
7. Victim rescue drag

All events are continuously timed and must be completed within **eight minutes** to pass the physical ability test. Keep in mind you do not receive extra credit for completing the timed events faster.

Waiver: Each candidate will be required to sign a release of liability prior to beginning the test.

Safety Equipment: The Fire Division will provide each candidate with safety equipment they will wear during the test. The equipment weighs approximately 45 lbs and consists of:

1. A Fire Helmet
2. Fire Turn-Out Coat
3. Self-Contained Breathing Apparatus Backpack and Bottle
4. Gloves (Optional only FD gloves will be allowed)

Blood Pressure and Pulse Checks: Each candidate will have their blood pressure and pulse taken by fire division personnel three (3) times:

1. Prior to donning the safety equipment.
2. Immediately after taking the test.
3. Ten (10) minutes after test completion.

The candidate will leave their driver's license with fire personnel at the first blood pressure and pulse check. The driver's license will be returned after the third check. This is done as a safety precaution to ensure that the candidate has been adequately checked before leaving the premises.

Test Procedure

1. It is the responsibility of each candidate to fully understand all events in the test. This is why the information is posted on the web site. Once the test begins, there will be no time for questions.
2. Candidates should walk quickly during the test. For safety reasons, at no time will the candidate be allowed to run during the test. One foot must be in contact with the ground at all times.
3. Each candidate will have an event Evaluator/Monitor from the Fire Division throughout the test.
4. The Evaluator will make sure that each event is completed properly. If a candidate is performing a task improperly or in an unsafe manner, the candidate will be advised and may be instructed to stop and begin the event, or portion of the event, again. The clock keeps running.
5. Any event that is not completed will automatically disqualify the candidate from completing the remainder of the test. The Evaluator will escort the unsuccessful candidate to the official's table. The candidate will be assisted with the removal of the safety gear. The remaining blood pressure and pulse checks will be taken. The candidate's driver's license will be returned and they will be asked to leave the Fire Training Center.
6. After the candidate successfully completes the last event and walks across the finish line, the Evaluator will stop the clock. The Evaluator will direct the candidate to the place where the safety gear will be removed, and the remaining blood pressure and pulse checks will be taken. The candidate's driver's license will be returned before leaving the premises.
7. Candidates must leave the Fire Training Center grounds immediately after they have completed the testing process.

Timed Events: The Evaluator will walk with the candidate from the official's table, where the clock will start when the candidate crosses the start line. The candidate is to proceed through the events by walking briskly from event to event without waiting for the Evaluator's direction. The time will stop when the candidate crosses the finish line.

The following seven events must be completed within EIGHT minutes (8:00).

#1 Stair Climb with High Rise Pack

The candidate will proceed to the high-rise pack of 100' of 1 ¾" fire hose that will be placed in front of the starting line. The candidate will pick up the high-rise pack and place it on top of their shoulder, proceeding forward to the stairs. Once the candidate has reached the top of the stairs, he needs to turn and go back to the starting line and place the high-rise pack back in the painted square.

#2 Hose Hoist

After placing the high-rise pack in the painted square, the candidate will proceed back into the building. There the candidate will go up a flight of stairs onto the landing and hoist a 50' section of 2 ½" fire hose to the top of the hose tower in a hand-over-hand manner. Once the candidate has hoisted the hose over the top rail, they will place the hose on the landing and then proceed down the stairs and immediately walk to the next event, by way of the outlined course.

#3 Ladder Extension

After exiting the hose tower, the candidate will proceed back outside of the building, following the arrows marked. The candidate will fully raise and lower the top fly section of the fixed 24' ladder, using the hand-over-hand method.

Both feet must remain on the ground at all times, while raising and lowering the ladder.

The rope must not be allowed to slip through the hands of the candidate. If the rope slips the distance of one rung, the ladder must be returned to the fully extended or lowered position (whichever was the last position achieved) and the candidate must begin again. The Evaluator will give a warning to the candidate, and direct them to position the ladder to begin again.

When the candidate successfully lowers the ladder to the starting position, they will immediately walk to the next event by way of the outlined course.

#4 Fire Department Connection Hood Up

The candidate will proceed to the fire truck and extend the two 2 ½" fire hoses approx. forty feet (40') to the Fire Department connection, located on the south side of the fire truck. The candidate will then connect each 2 ½" section of hose to the fire truck connection. Once the candidate has connected the hose, they will clap their hands signaling they have completed connecting the hoses. The candidate will begin to reverse the process, by disconnecting the individual 2 ½" fire hoses and returning them behind

the starting point. The entire length of hose must be behind the starting line to complete the event.

Upon completion, the candidate will move to the next event.

#5 Hose Drag, 2 ½” Attack Line

The candidate will first pick up the nozzle attached to a 2 ½” fire hose, and drag the hose to a point marked 100’ away. The candidate must carry the fire hose over the shoulder with the nozzle held in front of the body.

When the candidate and the nozzle cross the line marked, the candidate will then turn and kneel. While in a kneeling position the candidate will pull the remaining hose beyond the starting line by pulling the hose alternating arms.

The event is completed when the candidate and the entire 2 ½” hose line cross completely over the line.

Upon completion, the candidate will move to the next event.

#6 Hose Shuttle

The candidate begins from a standing position, behind the event starting line, facing the rear of the fire truck. The candidate is to pick up and carry each of the four (4) rolled sections of fire hose, one by one, and place them on the opposite truck tailboard, in a single or double stack. A rolled section of fire hose weighs approximately 40 lbs each.

After placing the last roll on the tailboard, the candidate must raise their arms into the air, to signal to the Evaluator that they have completed the task.

The candidate must then reverse the process, and return the four (4) fire hose sections, one by one, to their original tailboard.

During this event, the candidate must be careful to place the fire hose sections on the tailboard and not throw them into place. If this occurs, the Evaluator will give the candidate a verbal warning and direct them to pick up the fire hose and replace it on the tailboard, before going on to the next fire hose section.

If the fire hose is dropped while carrying it to either the tailboard or the starting point, the Evaluator will direct the candidate to return the fire hose to its last resting place, before beginning again from that point.

When all four (4) sections of the fire hose have been returned to their original location, the candidate will walk to the next event by way of the outlined course.

#7 Victim Rescue Drag

The candidate will stand at the head of the rescue dummy, then crouch or kneel to raise the rescue dummy to a sitting position. The candidate will then grasp the rescue dummy

around the torso, from behind, and raise the dummy to a standing position. The candidate must lift the rescue dummy to a standing position, using their legs, not their back, to avoid any back injury.

Once the candidate has the rescue dummy in a standing position, the candidate will drag the rescue dummy backwards, a distance of 50 feet.

The event will be completed when the candidate and the rescue dummy completely clear the finish line. This will also complete the physical test.

The Evaluator will then escort the candidate to fire personnel, who will remove the safety equipment, and take the second and third blood pressure and pulse checks before the candidate leaves the testing facility.

After the third blood pressure and pulse check, the candidate will have their driver's license returned, and at that time, be required to leave the testing facility.

Oral Board Interview

Candidates that complete the physical ability test within the specified time will be placed on the list for the oral board testing. You will be notified as to your scheduled time to participate in the oral board testing. You must present a valid picture ID to participate in the oral interview. The candidate will need to arrive before the appointment. Failure to arrive on time will result in forfeiture of your interview time slot. No further opportunity will be permitted.

During the Interview:

1. Listen carefully to each question asked. Make sure that you understand the question before attempting to answer it.
2. Ask for the question to be repeated if you did not understand it, or did not hear it correctly.
3. Give a sincere, honest answer.
4. Answer directly and completely.

Final Selection Process

After the oral board test, all candidates will be placed on an eligibility list. If you continue to the final selection process you will be contacted and given further information. The final selection process may include the following:

1. Interview with the Fire Division Chief.
2. Interview with the Director or Public Safety
3. Pre-employment background investigation.
4. Pre-employment medical examination.
5. Pre-employment drug test.

Unless you change addresses or phone numbers during the period of time that your name is on the list, do not call the Fire or Human Resource Departments to find out when you are going to be called.

If you have a change of address or phone number, it is your responsibility to send the information in writing to:

**Washington City Public Safety- Fire Division
95 N Main Street
Washington, Utah 84780**