



**MONTGOMERY COUNTY E.S.D. 9**  
**Caney Creek Fire & Rescue**

16723 FM 2090 Conroe, Texas 77306  
936-231-3527 • Fax 936-231-2019  
Email: admin.mcesd9@mcesd9.org



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## Physical Ability Test

### Purpose:

The Physical Ability Test (PAT) is designed to evaluate the candidate's natural or acquired talent, ability, and capacity for satisfactorily performing the functions of a Firefighter. This test does not discriminate against individuals on the basis of sex, age, race, religion, or national origin. It is specifically planned to evaluate the candidate's ability to perform the following tasks which have been identified based on both importance and frequency to be critical to the job of a Firefighter:

- 24' Ladder Climb
- Hose Drag
- Equipment Carry
- Forcible Entry Simulator (Keiser Sled)
- Rescue

### Physical Ability Test:

- Passing of the PAT: In order to pass the PAT, a candidate must successfully complete all tasks. If a candidate fails any one task, he/she will **NOT** be allowed to proceed through the remaining tasks. A candidate passing all tasks will continue to the next step in the hiring process. The candidate will not be permitted to pause activity for more than forty-five (45) seconds without constituting a failure of the PAT.
- Pre-Test Screening: Participants will have their blood pressure and pulse rate taken prior to beginning the PAT. Norms for resting blood pressure and pulse rate have been established as:
  - Blood pressure must be no greater than 160 systolic and 100 diastolic. Resting pulse rate must be no greater than 110 beats per minute.
  - If a participant's blood pressure and/or pulse rate are determined to be over the accepted norms, he/she will be given the opportunity for a recheck after 10 minutes. The lowest reading will be utilized.
  - Participants who do not meet the norms of blood pressure and pulse rate will **NOT** be allowed to test.



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- Clothing and PPE: Candidates will perform the entire PAT utilizing athletic type clothing, shoes, SCBA, fire helmet, and fire gloves.

### **Testing Procedures:**

- Test proctor will obtain participants resting blood pressure and heart rate.
- Participant will don required PAT PPE.
- Tests will begin when candidate touches the ladder.
- The examiner will keep an overall time from the start of the ladder evolution to the end of the rescue evolution.
- Candidate's information and times will be documented on the Physical Ability Test Form.

Instructions given by Proctor: Before each task, the examiner will give instructions concerning that task. Candidates will be expected to listen to those instructions, ask questions if they are not clear, and to follow them in performing the task. Candidates will be instructed to rest the equipment and restart the task for failing to follow instructions.

### **TASKS:**

Tasks will be performed in the following order and with only the specified rest period.

#### **Ladder Climb**

- Equipment Required: 24ft. Extension Ladder
- Description: Candidates will climb to the top of the ladder placing their hands on the top rung before returning to the ground. The Candidate will ascend and descend the 24' ladder 4 times to complete a 96-foot climb.



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### **Hose Drag**

- Equipment Required: 200 feet of 1' 3/4" hose placed in predetermined area to allow 150 feet of travel distance.
- Description: Candidate will drag a charged 1 3/4" hose 75 feet making a 90° turn at the drum and dragging it an additional 25 feet to the designated marked box. The candidate will drop to one knee and pull the hose line until the coupling at the 50-foot mark enters the designated box.

### **Equipment Carry**

- Equipment Required: Dumb-bell carry
- Description: Candidates will pick up and carry each of the dumbbells at the same time and carry them 75 feet around the cone and return the dumbbells to the starting point. Candidates should not run during this evolution. Candidates may be allowed to set the dumbbells down and readjust their grip if necessary, with no penalty.

### **Forcible Entry Simulator**

- Equipment Required: Keiser Sled and rubber dead-blow sledgehammer.
- Description: Candidates will strike the weight with a sledgehammer and continue until the weight's leading edge reaches the end of the sled track.

### **Rescue**

- Equipment Required: 165-pound Rescue Randy Mannequin.
- Description: During this event, the candidate grasps a 165-pound mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drags it 35 feet to a pre-positioned cone, makes a 180° turn around the cone, and continues an additional 35 feet to the finish line.



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Physical Ability Test Form

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Time: \_\_\_\_\_ B/P: \_\_\_\_/\_\_\_\_ HR: \_\_\_\_\_

Time: \_\_\_\_\_ B/P: \_\_\_\_/\_\_\_\_ HR: \_\_\_\_\_

Blood pressure must be no greater than 160 systolic and 100 diastolic. Resting pulse must be no greater than 110 beats per minute. *See Pre-Test Screening Procedures.*

Course Description:

Start Timing:

*Start of Ladder Climb to end of Rescue*

Ladder Evolution

Complete: \_\_\_\_\_

Incomplete: \_\_\_\_\_

Hose Drag

Complete: \_\_\_\_\_

Incomplete: \_\_\_\_\_

Equipment Carry

Complete: \_\_\_\_\_

Incomplete: \_\_\_\_\_

Ventilation Simulator

Complete: \_\_\_\_\_

Incomplete: \_\_\_\_\_

Rescue

Complete: \_\_\_\_\_

Incomplete: \_\_\_\_\_

Start of Ladder Climb to end of Rescue Time: \_\_\_\_\_

Proctor: \_\_\_\_\_

Date: \_\_\_\_\_