

Panama City Fire Department Physical Performance Evaluation

CANDIDATE TESTING PROCEDURES

The Physical Agility Test is made up of both timed and un-timed events and while the overall score is important, we will be observing other portions of your performance as well. Such as the ability to follow instructions, the use of proper lifting techniques and exhibiting care of fire department equipment, all these details are important in the test. The use of unsafe practices or failure to follow instructions will result in the assignment of penalty seconds to the overall score. All tasks will be demonstrated before you begin and you will be provided an opportunity to ask questions for clarification of the required assignment. The Physical Agility Test will require protective clothing; if possible; bring your own turnout gear for proper fit. We suggest you wear workout shorts and T-shirt under your bunker gear.

For your benefit, we have enclosed a description of the Physical Agility Test. This Physical Agility Test consists of nine job-related tasks. A blood pressure screening will be conducted prior to beginning the Physical Performance Evaluation. In order to proceed, your blood pressure must be within the following limits:

Systolic: 100 and 160
Diastolic: 60 and 100

The candidate will be assessed on the following actions: the ability to follow directions; completion of the Physical Agility Test within the required time limit (8 minutes) and the successful completion of TASK 1 and 9; the proper use of equipment, i.e., not dragging or throwing down the hose nozzle; proper lifting techniques, i.e., using leg muscles while keeping the back as straight as possible. We will strongly consider the stamina and endurance of each applicant.

TASK 1: **Confined Space – PPE required: Helmet, Bunker Coat, Gloves, and SCBA**

TASK – This is not a timed TASK, it will be judged as “Completed or “Did not Complete”
The candidate will don all required PPE. They will standby until directed by the Evaluator to begin the task. The Candidate will enter a pipe approximately 28” in diameter by approximately 10-15’ long. The Candidate will move through the pipe, exiting the other end. This event is not timed; however, candidates will be required to move continuously once they begin until the task is completed. If the candidate makes a legitimate attempt and simply cannot fit, the SCBA can be doffed and pushed in front as the candidate moves through the pipe.

RATIONALE

Firefighters may be required to work in areas that restrict movement such as confined spaces, partially collapsed structures with/or without entanglement hazards, and conditions with limited visibility.

TASK TRAVEL

Once completed, the Candidate will move to TASK 2 which begins the timed portion of the Physical Performance Evaluation.

The Timed Portion of the Evaluation Begins At TASK 2. The Candidate will have a maximum of 8 minutes to complete TASK 2 – TASK 8.

TASK 2: HOSE STACKING – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK

The Candidate will standby until directed to begin by the time keeper. The Candidate must remove six rolled 50-foot sections of 3" fire hose from a hose rack and place it in two (2) stacks of three (3) on the marked location. Then the Candidate must replace the hose in the rack neatly in the upright position from which it was removed beginning with the second stack of hose.

RATIONALE

Firefighters are required to stack and un-stack hose at emergencies, at the fire station, and also lift, load, and unload heavy equipment. The hose-stacking task assesses the ability to withstand muscle fatigue while performing work. It may also be used in opening entrapments, removing debris to gain access to fires or trapped victims.

TASK TRAVEL

Once completed, the Candidate will walk approximately 30 feet to TASK 3 (tower entrance with high rise pack).

TASK 3: TOWER CLIMB – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK

The Candidate will pick up a 100-foot accordion fold of 1 3/4" hose, The Candidate will proceed via inside the stairs to the penthouse deck of the training tower where the high rise pack will be placed on a designated mark. While ascending the stairs (up to 4th floor), one hand must be used on the guardrail and each step must be utilized.

RATIONALE

Firefighters are required to carry hose, nozzles and various types of equipment up stairs in order to perform the task of a firefighter. This task represents a realistic simulation of a job requirement in quickly accessing multi level structures.

TASK TRAVEL

Approximately 6 feet to TASK 4.

TASK 4: HOSE ROPE HOIST – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK

Before the Candidate begins hoisting, they will be secured by the supplied ladder belt and safety lines. While at the top of the drill tower, the candidate will hoist a rolled section of 4" fire hose attached to a rope, up to the edge, over the parapet, and place the hose on the designated area (the rope is 5/8" Kernmantle and the weight is approximately 45 lbs.).

RATIONALE

Firefighters are required to hoist hose and equipment to upper floors and to roofs by rope in order to fight fires and to rescue victims. Grip strength, as well as arm, shoulder, and back strength are measured by this task, along with an aerobic capacity to perform a muscle fatiguing job activity.

TASK TRAVEL

Approximately 6 feet to TASK 5.

Task 5: TOWER DESCENT – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK

The Candidate will pick up the high rise pack that they previously brought up while performing the tower climb and proceed down the stairs to the ground floor where they will place the hose in a designated area. While descending the stairs, one hand must be used on the guardrail and each step must be utilized.

RATIONALE

Firefighters must be able to descend and exit from multi story buildings using the stairwell and while carrying various firefighting equipment or victims.

TASK TRAVEL

Once the Candidate is at ground level, they will walk approximately 30 feet to TASK 6.

TASK 6: KEISER SLED – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK

The Candidate will utilize the provided sledge hammer, hitting the prop until it has moved the designated distance.

RATIONALE

This TASK utilizes a simulated forcible entry-chopping device. It provides a Firefighter with a prop designed to test their chopping efficiency, strength, and cardiovascular endurance, accurately reflecting structural fighting tasks such as ventilation or gaining access through floors, roofs, or forcible entry challenges.

TASK TRAVEL

Once completed, the Candidate will walk approximately 30 feet to TASK 7.

TASK 7: HOSE DRAG – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK

The Candidate will grasp the nozzle end of 150' of charged 1 ¾" hose and drag it 100 feet to a designated mark. The Candidate must face the direction of travel at all times, cannot run, and must not drag the nozzle. This task will be completed when the nozzle crosses the designated mark and is placed on the ground between two cones.

RATIONALE

Firefighters are required to deploy charged and uncharged hose lines, carry the lines up and down stairs, ladders, and move hose lines from one location to another in order to quickly extinguish a fire. This task assesses arm, leg, and back strength as well as cardiovascular performance needed for firefighting.

Task Travel

The Candidate will walk approximately 15 feet to TASK 8.

TASK 8: 165lb (Approx.) DUMMY RESCUE – PPE required: Helmet, Bunker Coat, Gloves, and SCBA

TASK – There will be three methods that are acceptable in the movement of the Dummy

Method 1: The Candidate will squat down behind the dummy, keeping their backs straight, and reach under the armpits of the dummy. The Candidate will then stand, using their leg muscles, and proceed backwards carrying and dragging the dummy in this manner a distance of 50 feet.

Method 2: The Candidate may use the loop(s) from a pre-tied harness secured to the dummy and proceed backwards a distance of 50 feet.

Method 3: The Candidate may use the loops(s) from a pre-tied harness secured to the dummy and proceed facing the finish line.

When the dummy's feet cross the designated line between the two cones, the Physical Performance Evaluation test will be complete and the time will be stopped.

TASK 8 Continued:

RATIONALE

Firefighters are required to be capable of carrying injured or unconscious persons from hazardous areas in a timely manner. Lifting or dragging demonstrates the essential basic ability to rescue a victim unassisted for a prescribed distance of 50 feet.

TASK TRAVEL

After completing TASK 8, the Candidate will remove all PPE except the helmet and gloves and walk to the designated ladder location.

TASK 8 completes the Timed Portion of the Evaluation. At this time the Candidate will, at their discretion, have a maximum 5 minute rest before moving on to TASK 9.

TASK 9: Ladder Climb – PPE required: Helmet and Gloves

TASK – This is not a timed TASK, it will be judged as “Completed or “Did not Complete”

The Candidate will approach the designated ladder, get attached to the provided safety system and begin climbing the ladder. Once upward movement has begun the Candidate must continue ascending until the designated rung has been touched. If however, the Candidate requires rest, they will be allotted 2 – 15 second rest periods while ascending or descending the ladder. If the Candidate does not fall within the TASK guidelines they will be marked as DNC (Did Not Complete).

RATIONALE

Firefighters must be able to advance quickly and safely up a ladder to fight fire, perform rescues, or to make access to a roof for ventilation. This requires lower body strength as well as good cardiovascular endurance and coordination while climbing. In addition working from a ladder requires a tolerance for heights.

TASK TRAVEL

Once the Candidate is back on the ground the Physical Performance Evaluation is completed. They will remove their PPE, sign a copy of their Physical Performance Evaluation Sheet, and report for monitoring.

Penalty Points Assessment

Each penalty point assessed will add 10 seconds to the overall evaluation time. The evaluation completion time plus any assessed penalty time cannot exceed the maximum of 8 minutes.