

**CORVALLIS FIRE DEPARTMENT  
DEPARTMENTAL OPERATING GUIDELINES**

**D.O.G. 2.3.10  
Date: 06/16/93  
Rev: 03/15/99**

**FIREFIGHTER PHYSICAL ABILITY TEST**

---

All fire suppression personnel, career or volunteer, must successfully complete this Physical Ability Test before entry into the Department, and retest on an annual basis.

The test is designed to assess the individual's endurance, strength, coordination, manual dexterity, and reaction to heights and restricted visibility.

Each candidate may attempt each task only once. All tasks are pass-fail and must be successfully completed in order to continue the examination. Candidates will be allowed to perform each task at their own pace so long as they continue to complete the task without stopping to rest. All candidates must proceed from one task to the next without a rest period between the tasks.

The following tasks comprise the Firefighter Physical Ability Examination and will be conducted in the order listed. Personnel should be cautioned to use safe and proper lifting/hoisting techniques to minimize risk of injury. Structural firefighting helmet, structural firefighting gloves, and boots or shoes with raised heels (no flat-soled shoes or boots) must be worn throughout the test.

Candidates will be given the opportunity to preview each task and ask questions before they begin the test. In addition, all candidates will be allowed to practice attaching/removing the nozzle from a section of hose during the preview.

**TASK # 1 AERIAL LADDER CLIMB**

An elevated platform will be extended 95 feet at a climbing angle of approximately 70°. The candidate will don a ladder belt that is attached to a lifeline. The lifeline will be belayed by a firefighter and will not hinder or assist the candidate ascending/descending the ladder. Beginning on the pedestal, the candidate will climb smoothly and continuously to the top of the ladder and touch the crosspiece with his/her hand, then immediately climb back down the ladder. After removing the ladder belt, the candidate will proceed to the next event.

**TASK # 2 THE BUNDLE CARRY AND HOIST - timed event, (5 minutes)**

The candidate will don an Interspiro self-contained breathing apparatus (not including the mask) with a 30-minute cylinder and move to the door leading into the drill tower. The candidate will place a hose bundle (approximately 35 pounds) over either shoulder and carry it to the fourth floor of the training tower without stopping. While ascending and descending the stairs, the candidate may use the handrails and will step on each riser tread and not skip steps. The candidate will set the bundle down at a designated spot near the base of the interior ladder, then climb up the fixed interior ladder to the roof. The candidate will use the utility rope provided to hoist and lower a similar bundle containing a 1 ½" nozzle and hose. The candidate must raise and lower the bundle using a hand-over-hand method, keeping control of the bundle at all times. The candidate must stay between the wall and a line 48" from the wall. The candidate may place one foot against the parapet wall while raising and lowering. The candidate raises the bundle until the knot touches the corner roller, then lowers the bundle to the ground. A safety line, attached to the bundle that is being hoisted, will be belayed while the bundle is being raised and lowered. The candidate will then climb back down the interior ladder, pick up the first hose bundle, and return to the starting point. Time will start when the candidate enters the building and will stop when s/he exits the building. After removing the breathing apparatus, the candidate will then proceed to the next event.

---

**NOTE: The next candidate begins the test at this point.**

**TASK # 3 2 ½" HOSE DRAG - timed event (3 minutes)**

Three sections (~150') of 2 ½" hose will be flaked beside the hydrant, behind a start/finish line. The candidate will fully connect the female end of the hose to the hydrant port, then fully connect the nozzle to the male end of the hose. The candidate will place the nozzle over either shoulder and stretch the hose approximately 150' to a designated target. The candidate will disconnect the nozzle and bring only the nozzle back to the hydrant. The candidate will remain behind the start/finish line, pulling all of the hose back behind the line. The candidate will then disconnect the female hose coupling from the hydrant and lay the coupling on the ground next to the hydrant. Time will start when the candidate picks up the coupling to connect to the hydrant and stops when the candidate lays the coupling on the ground. The candidate will then proceed to the next event.

**TASK # 4: SMOKE EJECTOR PLACEMENT**

The candidate shall lift an electric smoke ejector fan weighing approximately 45 pounds, hang the fan by the attached hooks on a bar that is 82" above the ground, then remove the fan and place the fan back on the ground. The candidate may lift the fan by any method but must hang the fan with the attached hooks in one attempt without lowering the fan to the ground. After raising and lowering the fan, the candidate will proceed to the next event.

**TASK # 5 BREATHING APPARATUS**

The candidate will don an Interspiro breathing apparatus with a 30-minute cylinder and a blacked-out mask. The mask is tightly fitted to seal out light. The candidate will breathe ambient air through the Spirohatch. (The cylinder shall be turned on in case the Spirohatch is inadvertently closed.) The candidate will be led to the door of the half-house and kneel in the entry. The candidate will be placed in contact with the left wall of the ground floor room and directed to crawl along the left wall through the building (to the stairs, up the stairs to the second floor, around the perimeter of the second floor, descend the stairs feet-first, along the wall to the entry). After removing the breathing apparatus, the candidate will proceed to the next event.

**TASK # 6 THE PATIENT CARRY**

The candidate will proceed to the top landing of the confined space prop and will assist with carrying a loaded gurney down one set of stairs and setting the gurney on the ground. The candidate will be at the top of the stretcher as it is coming down the stairs and will call "1-2-3 Lift" at the top of the stairs and "1-2-3 Lower" at the foot of the stairs. One or two assistants will be assigned to carry the foot (bottom end) of the gurney. Approximately 190 pounds will be loaded onto the gurney. Care should be taken to use proper lifting and lowering techniques to minimize the risk of back injuries.