

CITY OF URBANA, OHIO

FIREFIGHTER/PARAMEDIC PHYSICAL FITNESS TEST (Revised Times)

Test Date: Saturday, June 18, 2011 **Location:** Urbana Fire Division - 107 East Market Street - Urbana, Oh 43078

Time: **0830** – 20 top scoring positions

1200 – All remaining candidates

ONLY THE CANDIDATES THAT PASS THE WRITTEN EXAM, WITH A 70% OR HIGHER, WILL BE PROVIDED THE OPPORTUNITY TO COMPLETE THE PHYSICAL AGILITY TEST.

The 20 top scoring positions will be contacted to attend the **0830** testing session. You will be notified Saturday evening, after everyone has completed the written exam. If you are not contacted by June 13th to be at the **0830** session, you should report no later than **1200**. Be sure to provide a good contact number prior to leaving the written exam. **The doors will be closed promptly at 0830 and 1200 to begin the test. DO NOT be late! You will not be admitted into the test session if you are late. If all or part of the test cannot be completed due to inclement weather, the test will be postponed to Saturday, July 2, 2011.**

This test is designed to measure the candidate's physical qualification for the position of Firefighter/Paramedic. It consists of ten simulated Firefighter/Paramedic tasks. All tasks must be completed in sequence within the maximum allowable time. There is no minimum passing score in any event. However, there are certain actions for which a candidate may be disqualified such as: failure to complete an event successfully.

In order to make this test meaningful for measuring a candidate's physical qualifications, it is absolutely necessary that each test item be presented to each candidate in the same manner. All tools, hose bundles, hose lines, and other props used in the test will be arranged exactly the same, will be the same weight, etc. for every candidate. There will be no test demonstrations the day of the test. Candidates will have an opportunity to view a digital video of the entire test by going to urbanaohio.com > City Offices > Fire/EMS. The video will also be presented on the actual test day prior to the test. Questions will be allowed at that time. At the time of the test, instructions will be read to each candidate by the monitor in charge. After reading the instructions the monitor will ask if there are any questions. Questions will be limited to those necessary for clarification of the initial instructions. Other than this, conversation between testing candidates and testing personnel will not be allowed.

In order to, as nearly as possible, avoid any distractions during the tests; the area will be secured to keep out any bystanders and spectators. Only authorized personnel will be allowed in the immediate testing area. Testing personnel will be given copies of the test, shown the digital video and briefed in advance regarding their responsibilities during the test. Testing personnel will be allowed in the immediate testing area. Testing will be conducted in order of placement on the written test. You may have several hours of waiting, depending on your placement.

There will be two monitors for each candidate. One will only keep time. The other will give instructions and keep time. Monitors will remain the same for the candidate throughout the ten tasks. In the event there is a difference between the times clocked by the two monitors, the average of the two times will be used. In the event a candidate is disqualified for any reason, the monitor making such a declaration will immediately report to the person in over-all charge of the test. A notation will be made on the individual score sheet stating why and by whom the candidate was declared to be disqualified.

All candidates will begin the test on the start line with the command "Ready, Set, Go". Both monitors will start their watches at the "Go".

The candidates must complete their entire test within thirteen (13) minutes in order to pass this physical agility test. The monitor not giving the instructions to the candidate will be responsible for accurate completion of the score sheet.

Candidates are to wear a firefighter coat, helmet and fire gloves during the test. The candidate is encouraged to wear their own or a set will be supplied to them for the test. Candidates must supply and wear a pair of hard soled shoes or boots during the test. No tennis shoes are to be worn during the test.

Physical Agility Test

Event #1

Ladder Climb

Stand at the turntable and face the aerial ladder. On the command "Ready, Set, Go" climb to the top of the ladder without skipping any rungs and touch the top rung of the ladder. Hold and stay in that position for ten (10) seconds (count to ten out loud). Return to the turntable without sliding or skipping any rungs. If you slide or skip any rungs you will be instructed to climb down the ladder and start the climb over. Do not hesitate or stop climbing up or down. Take time to be careful not to fall off the ladder.

Note: For safety, a ladder belt and safety line will be attached to each candidate and tended by Urbana Firefighters. The monitor giving instructions will disconnect the ladder belt at the buckle upon completion of this event.

Event #2

Supply Line Drag

Place both ends over either or both shoulders and drag to the drop line (the entire hose bundle must cross the line).

Event #3

Fan Carry

Pick up the fan and carry it around the orange cone forty-five (45) feet away, go around the cone and return with the fan and place it back at the starting point.

Note: The fan may not be dragged at any time.

Event #4

Tool Carry

Walk to the area where the tools are stationed, pick up one tool and carry it up the steps and place it in the area marked. There are three tools that you will need to carry up the steps. The first two tools are to be placed in the designated area. As you reach the top of the steps with the third tool turn around and return it to the starting point. Return the other two tools, one at a time to the original starting point. The tools can be carried up and down in any order.

Note: The candidate must step on every step and hold on to the hand rail.

Event #5

Victim Search

Put on the face mask and then replace your helmet and gloves. Get on your hands and knees and crawl through the maze area. You are to follow the hose line until you get to the end.

Note: At some point the hose crosses over itself. If you take the wrong direction after five feet you will be instructed to back up to the crossing and try again.

Event #6

Victim Rescue

You are now to take your mask off and give it to the monitor. Grab the victim and drag it to the area marked. The entire rescue dummy must completely cross the line.

Note: The candidate may drag or carry the victim in any fashion.

Event #7

Ladder Lift and Carry

Grab the ladder by the two marked rungs. Remove the ladder from the rack and rest it on either shoulder. Walk around the cone and replace it on the rack. Do not let the ends of the ladder strike or touch the ground.

Note: If the ladder touches the ground the candidate will be instructed to "stop, lift the ladder and continue".

Event #8

Weight Lift

Place both feet on the line. Using your legs to lift, pick up the barbell until the string is tight and the small weight on the string is off the ground.

Event #9

Beam Walk

You are to walk the length of this 4"x4"x20' beam while carrying a section of 1-1/2" hose without falling off. If you fall off you are to return to the starting end of the beam and begin again. You will be given three (3) attempts to walk the full length of the beam without falling off. If after three (3) attempts you fail to complete the event you will be disqualified.

Event #10

Ventilation/Fire Extension

Pick up the sledge hammer. Hit each target with fifteen (15) forceful hits using a chopping swing. Do Not swing the hammer behind your shoulder or over your head. The monitor will count the hits.

Note: The candidate will grab the handle above and below the marked lines. The candidate may use either hand or may alternate during the event.