

## Snohomish County Fire District #5

### *Physical Ability Performance Test EMS & Fire Responders*

#### Equipment Carry - 65 Seconds Maximum Time

The applicant will be required to run a total distance of 194 yards.

The run will be conducted on an asphalt surface. The applicant will be required to start by picking up an oxygen cylinder weighing approximately 31 pounds, run 116 feet and placing it on the ground. The applicant will then return empty handed to the starting line and pick up an air bottle weighing approximately 20 pounds, run 116 feet, and place it in the box. The applicant will then return empty handed to the starting line, pick up a first aid kit, carry it 116 feet, place it in the box, and return to the starting line. Time will start when the applicant touches the oxygen cylinder and will stop when the applicant crosses the finish line.

**Reason:** *EMS-Only Responders are often required to carry various pieces of equipment at emergency scenes. The air bottle and first aid kit are actual items, which are frequently used on the fire scene.*

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#### Gurney Lift - Pass/Fail

After receiving operating instructions, the applicant will be required to remove and manipulate the gurney from the rear of the aid car with a simulated dummy weighing approximately 200 pounds. The applicant will be assisted by a district firefighter. The applicant must maintain control of the gurney at all times in order to pass.

**Reason:** *EMS-Only Responders are frequently required to move patients while on the gurney.*

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#### Patient Lift - Pass/Fail

After receiving instruction in appropriate lifting techniques, the applicant will be required to lift from the rear, a simulated patient in a supine position weighing approximately 200 pounds and carry them 20 feet. Applicant will not be allowed to stop or put the patient down.

**Reason:** *EMS-Only Responders are frequently required to lift and move patients from supine positions.*

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#### Bicep Curl - Pass/Fail

Applicant will be required to successfully complete one bicep curl holding 40 pounds. Shoulder blades must remain touching the wall while performing the bicep curl.

**Reason:** *EMS-Only Responders are frequently required to use upper body strength.*

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***You will be required to sign a Liability Waiver prior to participating in this test.***

# Snohomish County Fire District #5

## *Firefighters Additional Physical Ability Performance Tests*

### Equipment Carry - 65 Seconds Maximum Time

The applicant will be required to run a total distance of 194 yards. The run will be conducted on an asphalt surface. The applicant will be required to start by picking up a fire extinguisher weighing approximately 31 pounds, run 116 feet and place it in a box. The applicant will then return empty handed to the starting line and pick up an air bottle weighting approximately 20 pounds, run 116 feet, and place it in the box. The applicant will then return empty handed to the starting line, pick up a first aid kit, carry it 116 feet, place it next to the box, and return to the starting line. Time will start when the applicant touches the fire extinguisher and will stop when the applicant crosses the finish line.

**Reason:** *Firefighters are often required to carry various pieces of equipment at emergency scenes. The fire extinguisher, air bottle, and first aid kit are actual items, which are frequently used on the fire scene.*

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### Ladder Climb - Pass/Fail

The applicant must climb to the top of a 20-foot extension ladder move onto the roof, and then go back down the ladder.

**Reason:** *Firefighters are required to perform at high levels above the ground. This test is designed to determine the absence of acrophobia.*

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### Charged Hose Drag - Pass/Fail

A 100 foot section of 2 ½" hose charged at 100 PSI with nozzle attached is laid from the discharge port of an engine. The applicant must reposition the line to the opposite end of the engine. The time will start when the applicant touches the hose nozzle within the marked area and will end when the 50' coupling passes the discharge port to which it is attached.

**Reason:** *Firefighters are required to lay and reposition hose lines to attack fires. This activity is designed to test general ability to perform a task, which is repeated many times at a fire.*

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### Pull-ups & Chin-ups – Pass/Fail

Applicant will be required to successfully complete three pull-ups or five chin-ups. Arms must be fully extended to begin and chin must clear the bar to complete one repetition.

**Reason:** *Firefighters and First Responders are frequently required to use upper body strength.*

### Ventilation Fan Lift and Hang - Pass/Fail

A ventilation fan weighing approximately 50 pounds is placed on the floor beneath a stationary overhead bracket located 76" above the floor, with door bar hooks attached. The applicant must stand erect facing the fan with arms at sides. When told to begin, the applicant must bend over, grasp the fan, and place it on the hooks over the bracket so the fan will hang. The applicant will then return arms to sides, reach up, grasp the fan, lift it off the hooks, and lower it to the floor. The time will start when the applicant touches the fan and will stop when the fan is placed on the floor and the applicant is standing erect.

**Reason:** *This activity is designed to test general ability to perform a task, which is repeated many times at fires to remove smoke and gases from a building.*

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### Claustrophobia –Pass/Fail

To determine if the applicant has the mental aptitude to go into dark, smokey areas if the situation dictates, the applicant will be outfitted in a breathing apparatus that has the face mask blacked out, a firefighting coat, and gloves. The applicant will then be placed in a small room for a period of five minutes.

**Reason:** *Firefighters are frequently required to wear breathing apparatus in small, dark, smoke filled areas to fight fires and perform rescue work.*

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### Roof Ladder Removal – Pass/Fail

Applicant will remove a 14' roof ladder from its position on the side of a fire apparatus; place the ladder gently on the ground, then put the ladder back on the apparatus.

**Reason:** *Fire fighters are required routinely to remove and replace ladders.*

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