

# Decatur Fire Department

## Physical Ability Testing

Spring 2018



### Purpose:

The Decatur Fire Department Physical Ability course is designed to evaluate the candidate's ability to perform the job(s) of a firefighter. The DFD physical ability course will be proctored and timed by more than one source. Times will be recorded on this sheet.

Candidates will wear, at a minimum, structure helmet, gloves, bunker coat, and a 45 minute SCBA without face piece. Note that bunker pants may be worn but are not required.

### Process:

- Candidates will begin at the rear apparatus walk thru door with a simulated victim search (low crawl) through all 4 bunker gear rooms. Candidates will be instructed to utilizing a left or right handed pattern. Candidates will go across from A to C rooms, staying in close proximity to the lockers and arriving back at the original start door. Time will start as the candidate begins his or her simulated victim search.
- After the simulated victim search the Candidate will walk to the rope hand hoist station. Candidates will raise and lower the section(s) of hose 5 times. The hoisting rope cannot slip through the hands of the candidate or slide from top to bottom. Should the rope slip the candidate will begin the hoist over. One foot must be kept in the designated area on the bay floor at all times.
- After the rope hand hoist station the Candidate will walk through rear bay door to the hose drag station. The candidate will shoulder and control a fully charged 1 3/4" attack line. The candidate will drag the shouldered attack line 100 feet to the area. The Candidate will then return the attack line back to the starting point. Candidates must control the nozzle of the hose or begin the station over.
- After the hose drag station Candidates will walk to the simulated chopping station. Candidates will stand on designated hose sections while using a sledge hammer to simulate performing chops during operations. Candidates will simulate 25 chops total. The sledge hammer tip must clear the Candidates head with each simulated chop. The chop will not be counted if proper form is not used.
- After the simulated chopping station the Candidate will walk to the ladder carry station. Candidates will retrieve a ladder from E-215. The ladder shall be carried through a door way and maneuvered as instructed back to E-215, a total of 50 feet. Candidates shall use a low shoulder carry exercising caution not to strike the building, floor, doorway, or other apparatus with the ladder tip. Candidates will begin the skill over if they are unable to control the ladder while shouldered.
- After ladder carry Candidates will walk to the victim recovery station. Candidates must drag the simulated victim at least 25 feet to one area and 25 feet back without knocking over cones. If Candidates are unable to maneuver the victim without striking the cones he or she will begin the station over. Note the Candidate can drag the victim by the clothing or the affixed DRD (Drag Rescue Device), as long as the Candidate can safely control the victims head and complete the station.

*\* Time will stop when the victim recovery station is completed.*

***Physical Ability Evaluation***

Candidate Name \_\_\_\_\_

Candidate Signature \_\_\_\_\_

Overall performance     Pass     Fail

Course Time \_\_\_\_\_

Proctor #1 Name \_\_\_\_\_

Proctor #1 Signature \_\_\_\_\_

Proctor #2 Name \_\_\_\_\_

Proctor #2 Signature \_\_\_\_\_

Location \_\_\_\_\_

Date \_\_\_\_\_