



Candidates may take the required qualifying physical fitness test after receiving medical clearance to participate in the test. All tasks are scored on a pass / fail basis and a candidate must safely pass all tasks designated. If a candidate fails any element, the test will be immediately terminated. Retesting will be in accordance with EHS procedures.

TEST 1 – Stair Climb Test

The candidate must go up and down a flight of stairs.

Fail: Unable to go up and down the flight of stairs.

TEST 2 – Lift and Carry Test

The candidate must lift a 30-pound box, carry the box 30 feet, and safely place the box on a table/shelf.

Fail: Unable to lift the designated weight
Unable to carry the designated weight the full distance.
Unable to safely place the weight on the table/shelf.

TEST 3 – Assume a Squatting Position

The candidate must assume a full squatting position and stay in that position for 10 seconds

Fail: Unable to assume a full squatting position
Unable to remain in the squatting position for 10 seconds