



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 – Lift and Carry / Strength Test

The candidate must lift a 5-gallon test measure weighing approximately 65 pounds and carry it for 30 feet. This simulates carrying equipment while in use at a work site. Steel safety shoe covers will be provided for this test.

Fail: Unable to lift the 5-gallon test measure
Unable to carry the designated weight the full distance.

TEST 2 – Simulated Pour

The candidate must lift a 5-gallon test measure weighing approximately 65 pounds and hold it in a pouring position for 30 seconds over a simulated funnel. Steel safety shoe covers will be provided for this test.

Fail: Unable to safely lift the 5-gallon test measure.
Unable to safely complete the simulated pour without stopping to rest or reposition the test measure.

TEST 3 –Stair Climb Test

The candidate must go up and down one flight of stairs one (1) time.

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

TEST 4 – Upward Lift Test

The candidate must lift a 50-pound weight from the floor to a height of 40 inches (approximately waist height), set on a table and then replace the weight safely onto the floor. This task must be completed four (4) times within one and one-half (1.5) minutes

Fail: Unable to lift the designated weight four times within the allotted time.

TEST 5 – Three Minute Step Test

For 3 minutes the candidate will lift one foot at a time while stepping on and off a 12-inch platform. The candidate must keep pace with a metronome set at 96 beats per minutes.

Fail: Candidate stops stepping prior to 3 minutes
Candidate fails to keep up with the metronome