



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 50-pound box from the ground, carry it for 50 feet, and safely place the box on a shelf at eye level.

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

### **TEST 2 – Ladder Climb Test**

The candidate must climb the metal ladder in the agility room, touch the ceiling, and safely climb back down to the floor (jumping down to the floor not permitted).

**Fail:** Unable to safely climb up and down the ladder.

### **TEST 3 –Stair Climb Test**

The candidate must go up one flight of stairs one (1) time, stand on the top platform for one minute, then go down the stairs.

**Fail:** Unable to go up and down the flight of stairs.  
Unable to stand on the top platform for one minute.

### **TEST 4 – 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.