



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 – Three Minute Step Test

For 3 minutes the candidate will lift one foot at a time while stepping on and off a 12-inch bench. 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

TEST 2 – Lift and Carry Test

The candidate must lift a 50-pound training bag or 50-pound box, carry the bag/box 30 feet, and safely place the bag/box on a table or 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 –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 4 – Chain Saw Simulation Test

The candidate must lift the simulated chain saw from the floor to a height of 40 inches (approximately waist height), hold the simulated chain saw in an upwards position (cutting position) for 30 seconds and replace the simulated chain saw safely onto the floor.

Fail: Unable to lift the designated object.
Unable to hold the object in the correct position for the designated length of time.