



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

ELEMENT I – 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. Immediately after the 3 minutes, with the candidate sitting, a 60-second heart rate count is taken starting 5 seconds after the completion of stepping.

Fail: Unable to complete stepping for 3 minutes
Unable to keep pace with the metronome

ELEMENT II – Ladder Ascent

The candidate safely climbs to a height of approximately 12 feet, the ladder encased by a standard industrial safety cage with an interior dimension of approximately 30 inches, until the designated rung is touched. The candidate then descends to the floor in a safe manner.

Fail: Unable to safely climb up/descend the ladder.

ELEMENT III – Suspended Dummy Raise

The candidate must lift a 120-pound hanging dummy (using a bear hug) high enough to relieve the tension on the rope (thereby taking pressure off the neck) and hold for 5 seconds.

Fail: Unable to relieve the tension on the rope.
Unable to hold for 5 seconds.

ELEMENT IV – Body Transport Test

The candidate must pull a blanket with a 160-pound dummy for thirty (30) feet.

Fail: Unable to pull the dummy the designated distance.

ELEMENT V – Obstacle Vault

The candidate must be able to get over a 3-foot high obstacle in a safe manner (hurdling or diving not permitted).

Fail: Unable to get over the obstacle within 5 seconds.

ELEMENT VI – Door Lock and Unlock

The candidate must properly unlock a standard use security cell door, using the assigned key, go through the door and relock the same door.

Fail: Unable to unlock, pass through and relock door.

ELEMENT VII – Stair Climb Test

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

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