



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 bag weighing 100 pounds and carry it for 30 feet. The bag must be safely placed on a table/shelf. This simulates carrying a drilling auger around the truck and putting it back on the auger truck. The candidate will return the bag to the floor when the test is complete.

**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 2 – Strength and Balance Test**

The candidate must lift a 5-foot, 70-pound drill rod weighted to resemble a normal 10-foot drill rod and connect it to its counterpart which will be securely braced in a vertical position. This test is conducted under the steel caged ladder area of the agility room to ensure personal safety. Steel safety shoe covers will be provided for this test. The candidate will disassemble the device and return the rod to its original position on the floor when the test is complete.

**Fail:** Unable to safely lift the drill rod.  
Unable to connect the drill rod to its counterpart.

**TEST 3 – 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 4 – Hand Carry Test**

The candidate must carry in one hand, a 20-pound sand bag for 30 feet and safely place it on a table/shelf. This maneuver must then be repeated with the opposite hand.

**Fail:** Unable to lift the designated weight.  
Unable to carry the designated weight the full distance.  
Unable

**TEST 5 –Stair Climb Test**

The candidate must go up and down one flight of stairs five (5) consecutive times.

**Fail:** Unable to go up and down the flight of stairs.  
Unable to safely repeat the maneuver five times.

**TEST 6 – Drag Test**

The candidate must drag a 160-pound object for a distance of ten (10) feet. The test can be completed in two five feet increments, stopping for a brief interval.

**Fail:** Unable to pull the object the designated distance.