



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 40-pound box/bag, carry the box/bag 30 feet, and safely place the box/bag on a table/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 – Equipment Transport Test**

The candidate must pull a sled weighted to 45 pounds a distance of 30 feet around the room.

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

**TEST 4 – Assume Working Positions**

From a standing position, the candidate must lie down on the mat on his/her back, extend both arms upward, and hold this position for one (1) minute.

**Fail:** Unable to assume the working positions  
Unable to hold arms upward for the designated time.

**TEST 5 – Stair Climb Test**

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

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

**TEST 6 – Ladder Ascent Test**

The candidate must climb (to a height of 12 feet) and descend a standard industrial safety cage ladder with an interior dimension of approximately 30 inches.

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