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 1a – 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 1b – 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 1c – Body Transport Test**
The candidate must pull a blanket with a 160 lb. dummy for a total of 30 feet around the room.

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

**TEST 2 – Lift and Carry Test**
The candidate must lift a 40-pound box, carry the box 30 feet, and safely place the box 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 – CPR Simulation Test**
The candidate must be able to assume the CPR position on the floor (kneel on both knees with hand on chest) and perform CPR movements for 3 minutes.

**Fail:** Unable to assume CPR position.
Unable to safely perform movements required for CPR
Unable to maintain position and activity for 3 minutes.

**Note:** All elements of Test 1 must be completed without a break in between.