



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.

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

### **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 – Stair Climb Test**

The candidate must put on safety equipment and go up and down one flight of stairs.

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

### **TEST 3 – Ladder Ascent**

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

**Fail:** Unable to climb ladder safely

### **TEST 4 – Lift and Carry Test**

The candidate must lift a 30-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.