



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 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 minute.

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 a flight of stairs five (5) times in one (1) minute.

Fail: Unable to go up and down the flight of stairs.
Unable to complete the task within one minute.

TEST 1c – 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.

TEST 1d – Obstacle Vault

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

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

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 – Firearm Load and Unload

The candidate must properly load and unload a designated firearm in a safe manner. Note: This task will be evaluated by a firearms expert.

Fail: Unable to load and unload the designated firearm