



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 9-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 – Door Unlock and Lock**

The candidate must properly unlock, pass through, then relock a standard use security door.

**Fail:** Unable to perform this maneuver within 45 seconds.

**TEST 1d – Assume Restraining Positions**

The candidate must perform three (3) cycles of the following maneuvers: Start in the standing position, kneel on both knees, lay on either side, kneel on both knees, and return to standing position.

**Fail:** Unable to assume the restraining positions  
Unable to complete 3 cycles within 45 seconds.

**TEST 2 – Body Transport Test**

The candidate must pull a blanket with a 160 lb. figure five (5) feet and repeat for a total of two (2) times. The candidate must grip each end of the blanket with a separate hand.

**Fail:** Unable to grip each end of the blanket with a separate hand  
Unable to pull the figure the designated distance.  
Unable to pull figure the designated number of time.

**TEST 3 – 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.

**TEST 4 – Suspended Figure Raise**

The candidate must lift a 120-pound hanging figure (using a bear hug) high enough to relieve the tension on the rope (thereby taking pressure off the neck) and hold for 5 seconds.

**Fail:** Unable to relieve the tension on the rope.  
Unable to hold for 5 seconds.

**TEST 5 – 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.

**TEST 6 – Upper Arm Range-of-Motion Test**

The candidate must bring both hands to the top of their head. The candidate must raise an arm straight above their head and hold for 3 seconds.

**Fail:** Unable to bring both hands to the top of their head.  
Unable to raise an arm above their head for 3 seconds.