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 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 a flight of stairs 5 times in 1 minute.

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

**TEST 1c – 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 1d – Assume Restraining Positions**
The candidate must perform 2 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 2 cycles.

**TEST 2 – Tablet Sort and Count Dexterity Test**
The candidate must open a stock bottle, empty tablets onto a desk, sort tablets by size and shape, count tablets in each sorted group, uncap several prescription bottles filling each with a group of sorted tablets and recap prescription bottles.

**Fail:** Unable to complete activity accurately.

**TEST 3 – Firearm Load and Unload**
The candidate must properly load and unload a designated firearm in a safe manner.

**Fail:** Unable to load and unload the designated firearm.

**TEST 4 – Lift and Carry Test**
The candidate must lift and stack three 10-pound boxes (on the floor), carry them 30 feet and then safely place them on an overhead shelf.

**Fail:** Unable to lift designated weight. Unable to carry designed weight the full distance. Unable to safely place the designated weight on an overhead shelf.