



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-foot 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 designated weight the full distance.
Unable to safely place the designated weight on an overhead shelf.