



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. dummy five (5) feet and repeat for a total of two (2) times.

Fail: Unable to pull the dummy the designated distance.
Unable to pull dummy 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 Dummy Raise

The candidate must lift a 120-pound hanging dummy (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.