



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 1 – 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 2 – Stair Climb Test**

The candidate must go up and down a flight of stairs.

**Fail:** Unable to go up and down the flight of stairs.

**TEST 3 – 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 – 4 Hand Grip Test**

The candidate must demonstrate the ability to grip an object with each hand.

**Fail:** Unable to grip an object with each hand.

**TEST 5 – Lift and Carry Test**

The candidate must lift and carry 30 lbs. for 30 feet and then safely place them on a shelf.

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

**TEST 6 – 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.