



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

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 five (5) times in one (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 Working Positions

The candidate must perform two (2) cycles of the following maneuvers: Start in the standing position, kneel on both knees for 30 seconds, and return to standing position.

Fail: Unable to assume the kneeling position or stand up
Unable to complete 2 complete cycles.

TEST 1e – Body Transport Test

The candidate must pull a blanket with a 160 lb. dummy for thirty (30) feet.

Fail: Unable to pull the dummy the designated distance.

TEST 2 – 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.