



Candidates may take the required qualifying ability test after receiving medical clearance to participate in the test. All elements are scored on a pass / fail basis and a candidate must safely pass all designated elements. If a candidate fails any element, the test will be immediately terminated. Retesting will be in accordance with EHS procedures.

ELEMENT I – 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. Immediately after the 3 minutes, with the candidate sitting, a 60-second heart rate count is taken starting 5 seconds after the completion of stepping.

Fail: Unable to complete stepping for 3 minutes
Unable to keep pace with the metronome.

ELEMENT II – Ladder Ascent

The candidate safely climbs to a height of approximately 12 feet, the ladder encased by a standard industrial safety cage with an interior dimension of approximately 30 inches, until the designated rung is touched. The candidate then descends to the floor in a safe manner.

Fail: Unable to safely climb up/descend the ladder.

ELEMENT III – Stair Climb

The candidate must go up and down a flight of stairs 5 times in 1 minute.

Fail: Unable to go up and down stairs 5 times within 1 minute.

ELEMENT IV – Lift and Carry Test

The candidate must lift a 40-pound box/bag, carry the box/bag 30 feet, and safely place the box/bag 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.

ELEMENT V – Assume Working Positions

From a standing position, the candidate must lie down on the mat on his/her back, extend both arms upward and hold this position for 1 minute.

Fail: Unable to assume the working position.
Unable to hold arms upward for 1 minute.

ELEMENT VI – Assume Squatting Position

The candidate must assume a full squatting position and stay in that position for 10 seconds.

Fail: Unable to assume a full squatting position.
Unable to remain in the squatting position for 10 seconds.

ELEMENT VII – 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 in 5 seconds.

ELEMENT VIII – Body Transport Test

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

Fail: Unable to pull the dummy the required distance.

ELEMENT IX – CPR Simulation

The candidate must be able to assume the CPR position on the floor (kneel on both knees with hands on chest) and perform CPR movements for 3 minutes.

Fail: Unable to assume the CPR position.
Unable to safely perform movements required for CPR.
Unable to maintain position and activity for 3 minutes.