



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 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 cycles

**TEST 2 – Overhead Dexterity Test**

Starting on the right side of the testing device, the candidate must unscrew and remove all the washers and nuts. The washers and nut must then be attached to the bolt on the left side of the device.

**Fail:** Unable to complete activity.  
Unable to hold arms overhead to perform maneuver

**TEST 3 – Firearm Load and Unload**

The candidate must properly load and unload a designated firearm in a safe manner. Note: This task will be evaluated by a firearms expert.

**Fail:** Unable to load and unload the designated firearm