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.

**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 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 Working Positions**
The candidate must perform three (3) cycles of the following maneuvers: Start in the standing position, kneel on both knees and return to standing position.

**Fail:**
- Unable to assume the working positions
- Unable to complete 3 cycles within 45 seconds.

**TEST 1e – Body Transport Test**
The candidate must pull a blanket with a 160 lb. dummy for a total of 30 feet around the room.

**Fail:**
- Unable to pull the dummy the designated distance

**TEST 2 – 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