



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