

**DEPARTMENT OF FIRE & EMERGENCY SERVICES  
PHYSICAL AGILITY TEST**

The Physical Agility Test consists of eight separate events. The test is a sequence of events requiring you to progress along a pre-determined path from event to event in a continuous manner. The events are placed in a sequence that best simulates fire scene events while allowing a walk between events. To ensure the highest level of safety and to prevent exhaustion, running will not be allowed between events. The walk allows the applicant to recover and regroup before each event.

Throughout all events you must wear a hard hat with chin strap, work gloves, and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted. All gear and equipment will be furnished by Fayette County Department of Fire and Emergency Services. Applicants will be required to wear a 50 lb. weighted vest on their shoulders during the evolutions to simulate the weight of the SCBA and PPE normally worn in field operations.

Applicants must complete all eight (8) evolutions within a seven (7) minute time limit.

**TEST ACTIVITIES INCLUDE THE FOLLOWING EVOLUTIONS:**

**Evolution #1**

**NPQ F/F 1      Objective 15-5.34      Skill 8-13      Stair Climb**

Applicants must wear a 50 lb. weight vest on their shoulders to simulate the weight of the SCBA and PPE and carry (1) one section of 1½" diameter hose. Applicants will be required to walk up three flights of stairs (10' per flight) to the third floor. At no time shall running or skipping of steps be permitted. Once the applicants reach the third floor landing they will return to the starting point and move to Evolution #2.

**Evolution # 2**

**NPQ F/F 1      Objective 1-5.61      Skill 5-3Beam Slide**

Applicants shall move from Evolution #1 to the beam slide where they will be required to move a 165 lb. beam along a slide by striking it repeatedly with a rubber sledge hammer until the beam has been moved a minimum of five feet. This simulation evaluates the candidate's ability to use hand tools as would be used in fire ground operations. The applicant shall then move to Evolution #3.

**Evolution # 3**

**NPQ F/F 1      Objective 1-5.22      Skill 7-3Ladder Raise & Extension**

Applicants must extend the fly section to the top rung of a 24' aluminum extension ladder. The applicant must then lower the fly section hand-over-hand in a controlled fashion to the starting position. This procedure shall then be repeated for a total of (2) two cycles of raising and lowering the fly section. This simulation evaluates the candidate's ability to utilize a ladder during fire ground operations. The applicant shall then move to Evolution #4.

#### Evolution # 4

NPQ F/F 1      Objective 2-5.8      Skill 12-1      Ceiling Breach & Pull

Applicants must stand within the boundary established by the equipment frame and fully pull the 25 lb. ceiling device down twenty-five times. The applicant is permitted to stop and, if needed, adjust their grip. This simulation evaluates the candidate's ability to utilize a pike pole during fire ground operations. The applicant shall then move to Evolution #5.

#### Evolution #5

NPQ F/F 1      Objective 1-5.20      Skill 1-1 Maze

Applicants must crawl through a tunnel maze that is approximately 3' in height and 20' in length. This is to determine if the applicant is claustrophobic. If for any reason the applicant chooses to end the event, they may call out or rap sharply on the wall or ceiling and you will be assisted out of the maze. This simulation evaluates the candidate's ability to function in a closed and dark space as would occur in firefighting operations. The applicant shall then move to Evolution #6.

#### Evolution #6

##### Ambulance

Applicants must lift a 75 pound weight bar from a height of 2'6" to a position of 3'6" inches and then return the weighted bar to the initial location. This simulation evaluates the candidate's ability to lift and move a stretcher which is commonly used in EMS operations. The applicant shall then move to Evolution #7.

#### Evolution #7

NPQ F/F 1      Objective 1-5.39      Skill 10-1      Hose Advance

Applicants shall walk and pick-up the nozzle of a pressurized 1½" or 1¾" hose line. The individual will singularly advance the hose line a distance of 75', open the nozzle and flow water, close the nozzle and lay the hose on the ground. This simulation evaluates the candidate's ability to utilize a fire hose and nozzle which would occur during fire ground operations. The applicant shall then move to Evolution #8.

#### Evolution #8

NPQ F/F1      Objective 1-5.26      Skill 14-4      Rescue Drag

The applicant shall drag a 175 lb. dummy a distance of 50'. This simulation evaluates the candidate's ability to perform an emergency removal of a team member or victim who may be rendered incapacitated. Crossing the 50' mark shall constitute completion of the Physical Agility Test.

#### Evolution #9

NPQ F/F1

The candidate given a 75-foot aerial ladder fully raised shall climb the ladder to the full height and demonstrate locking in using a ladder belt at a 60-degree angle. Candidate must reach the top of the ladder and ring the bell within 2 minutes. Failure to complete this portion of the test is a failure of the complete physical agility process

NOTE: There is nothing that prevents an applicant from resting between the various evolutions. However, rest time will be calculated as part of the total test time.