

Rossford Fire Department Physical Ability Test

Purpose:

Evaluate a candidate for employment with some basic firefighting skills used on the fire ground emergency scene.

Location:

Inside and outside of the Rossford Fire Station as well as in front of the city hall building.

Equipment Needed:

- Firefighting Helmet
- Firefighting (turnout gear) Jacket
- Firefighting boots
- Firefighting Gloves
- SCBA cylinder_full
- SCBA harness
- 50' section of 2 ½" hose
- 150' of 1 ¾" hose
- 1 ½" nozzle
- 14- or 16-foot Roof Ladder
- Traffic Cone
- 24-foot Extension Ladder
- 75' of 2 ½" hose in high-rise bundle
- Sledgehammer
- Tire from an automobile off the rim
- Fire Department's current Rescue Randy manikin

Equipment Worn by Candidate:

- Firefighting boots
- Firefighting (turnout gear) Jacket
- Firefighting Gloves *****OPTIONAL*****
- Firefighting Helmet
- SCBA Harness with Cylinder

Time Limit and Breaks

Candidate has 12 minutes to complete the physical ability test course.

TWO breaks at 30 seconds can be used at the request of the candidate between events. The breaks cannot be used at the same time.

Pre-Ability Test evaluation of vital signs:

A Rossford Fire Department Paramedic will evaluate the following vitals.

- Heart rate with Four Lead ECG printout
- Blood Pressure
- Respirations
- Pulse Ox

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Pre-Ability Test walk through:

The member of the Rossford Fire Department which will be with the candidate throughout test will walk through the test with the candidate. At that time the candidate will be able to ask specific question regarding the physical ability test.

Time:

- 12 minutes; the candidate has twelve minutes to complete the following events.
- 30 seconds; the candidate will receive two separate 30 second breaks.
 - The candidate can use these breaks between events only.
 - The breaks cannot be stacked as to be used as a full minute break.

Events:

1. Roll and Unroll 2 ½” Hose.

- a. The candidate will roll and unroll a 2 ½” hose inside the apparatus bay
- b. Once candidate contacts the hose the 12-minute timer begins
- c. The candidate shall always maintain contact with the hose.
- d. No throwing of the hose is allowed while unrolling.

2. Hose Advancement

- a. The candidate will pick up the nozzle end of 150’ of 1 ¾” hose and advance the hose past the longest guide strip on the apparatus approach.
- b. A staff member will signal when the hose crosses the line.
- c. The candidate will then turn around and bring the nozzle and hose to the line.

3. Ladder Carry

- a. The candidate will be directed to a 14- or 16-foot roof ladder resting on the ground on its beam (side).
- b. The candidate will pick up the ladder without letting either end strike the ground.
- c. The candidate will then carry the ladder 75’ to a traffic cone. The candidate will walk around the traffic cone back to the starting point.
- d. While controlling the ladder the candidate will lower the ladder back into its starting position.

4. Ladder Raise

- a. The candidate will be directed to a 24’ extension ladder against the station.
- b. Two members of the Rossford Fire Department will hold and support the ladder in a vertical orientation to facilitate raising of the ladder.
- c. The candidate will position themselves behind the ladder grasping the halyard. The candidate will pull down on the halyard raising the ladder to its last position locking it in place.
- d. After the ladder is locked into place the candidate will then control lower the ladder to its stored position.

5. High-rise Pack Carry

- a. The candidate will be directed to the front man door of the fire station.
- b. The candidate will pick up a 75’ high-rise bundle of 2 ½” hose and place it on their shoulder.

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- c. With the hose bundle on their shoulder the candidate will ascend and descend the staircase to the second floor of the fire station. One complete ascent and descent is considered a set. The candidate will complete four sets.
 - d. The railing is permissible to use if the candidate loses their balance. The railing is not meant to assist in pulling the candidate up the stairs.
 - e. At the completion of the fourth set the candidate will be assisted with getting the hose bundle off their shoulder.
- 6. Sledgehammer Strikes**
- a. The candidate will be directed to the front corner of the fire station to a automobile tire on the ground.
 - b. The candidate when ready will grasp the sledgehammer and strike the tire 56 times with an over the head motion each time.
 - c. A member of the fire department will keep track of the strikes.
 - d. The candidate may choose to change hand positions as they deem necessary throughout the event.
- 7. Rescue Randy Drag**
- a. The candidate will be directed to the Rescue Randy manikin positioned on the side-walk in front of the fire station apparatus doors.
 - b. The candidate will grasp the manikin in a way in which the manikin will be able to be dragged.
 - c. With a controlled lift and grip the candidate may drag the manikin 60' into the fire station crossing the finish line (finish line is the garage door threshold)
 - d. Once the candidate starts to move toward the finish line momentum must be maintained until the candidate crosses over the finish line.

Penalty of 30 seconds

A penalty of thirty seconds will be added to the candidate final time for each occurrence of the following infractions.

1. Running
2. Removing hands from 2 ½" hose while rolling and unrolling event
3. Loss of control of ladder at any point during the ladder carry event

Automatic Failure of Test:

1. Unable to complete any of the events
2. Uncontrolled lowering of the extension-ladder the Ladder Raise event
3. Loss of momentum when dragging Rescue Randy manikin to the finish line.

Disqualifications from Test:

- Disqualification from the test will occur if the candidate fails to show up at their scheduled time without prior **two**-hour notice via phone call to the scheduler of the test.
- Throwing of any City of Rossford Fire Department equipment by the candidate will result in the immediate dismissal from the test.

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- Any vital signs which could present as an issue for the candidate to complete the test. The Rossford Fire Department will follow the department's current EMS Guidelines in making this determination.

Post-Ability Test evaluation of vital signs:

A Rossford Fire Department Paramedic will re-evaluate the following vital after completion of the physical Ability Test following the department's current EMS Guidelines for post activity rehabilitation.

- Heart rate with Four Lead ECG printout
- Blood Pressure
- Respirations
- Pulse Ox