



**Orangeburg DPS  
Fire Department**  
1320 Middleton Street  
Orangeburg, SC 29115

## Physical Ability Test

Reference source: NFPA 1001 Standard for Fire Fighter Professional Qualifications, 1.3.11.2, 2019 edition.

“Physical fitness requirements for entry-level personnel shall be developed and validated by the AHJ.”

### All Applicants – Physical Ability Test

The Physical Ability Test (PAT) is a tool used by the Orangeburg DPS Fire Department to evaluate a candidate’s level of physical fitness. Candidates will perform several tasks similar to those performed by firefighters on the job and must successfully complete all stations, in the time designated, to receive a passing score. The PAT consists of 12 tasks, that must be performed in a specific sequence, and is a PASS/FAIL event. Candidates are not ranked according to completion time. The testing process and sequence of events are subject to change.

#### General Rule & Guidelines

1. Candidates must sign a hold harmless agreement.
2. No spectators are allowed.
3. No cheering or coaching from proctors or other candidates.
4. Required Gear: 40 lb. vest and gloves. Both will be provided for you.
5. Candidates will be timed from start to finish.
6. You may not run at any time during the course.
7. Failure to complete any individual task will result in disqualification.
8. Candidates must follow the instructions provided by the proctors.
9. During the live examination, proctors may provide instruction but may not conduct a demo.
10. If a candidate says they wish to stop the test or cannot complete the event, the candidate is then disqualified.
11. Candidates will not be able to continue if they are disqualified or exceed the specified time.

Expected time to complete skill(s) is **11 minutes**.

Performance Steps	Test	
	P	F
<b>Safely performs the following steps:</b>		
1. Stair climb with hose bundle		
2. Forcible entry simulator		
3. Ground ladder carry		
4. Stair climb with equipment raise		
5. Perimeter walk		
6. Charged hose drag		
7. Charged hose feed		
8. Equipment carry		
9. Ceiling breach and pull		
10. Victim rescue		
11. Walk a designated path		
12. Stair climb		
<b>Candidate must successfully perform 12/12 steps including ALL CRITICAL POINTS</b>	Score: ___ / 12	
Evaluator Notes		

Candidate Print Name & Signature:

Note to Candidate: Skill will end when you state or indicate to the evaluator that you have completed all the identified steps. Notify the evaluator at **ANY** time that you have a safety concern.



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Evaluator Print Name & Signature:	Date:	Overall Skill Sheet Score	
		Pass _____	Fail _____

### Events in the Physical Ability Test

#### 1<sup>st</sup> Task – Stair climb with hose bundle.

- This event is designed to simulate climbing stairs in full protective clothing carrying fire fighter equipment. The candidate will wear a 40 lb. vest, while carrying a 35 lb. hose bundle and climbing stairs.
- Climb to the third story of the burn building while carrying a hose bundle.
- Time starts when the first step is ascended.
- You may skip steps while ascending.
- The use of handrails is allowed.
- Descend the stairs to the ground level of the burn building.
- You must touch every step while descending.
- Return the hose bundle to the designated area.

#### 2<sup>nd</sup> Task – Forcible entry simulator.

- This task simulates using force to open a locked door or to breach a wall.
- Use a sledgehammer to simulate forced entry using either right-hand or left-hand grip.
- Pick up the sledgehammer and strike the target 25 times.
- You must count out loud.
- You must maintain control of the sledgehammer at all times.
- Do not throw or drop the sledgehammer at the conclusion of this task.
- Walk 120 feet to the next event.

#### 3<sup>rd</sup> Task – Ground ladder carry.

- This event is designed to simulate the task of carrying a ground ladder at a fire structure.
- Start by lifting the 70 lb. 24-foot extension ladder from the ground.
- Carry the ladder a total distance of 100-feet.
- Return the ladder to its mount.
- You may not drag or drop the ladder on the ground at any time.

#### 4<sup>th</sup> Task – Stair climb and equipment raise.

- This event is designed to simulate climbing stairs in full protective clothing along with hoisting and lowering equipment.
- Ascend to the third story of the burn building.
- You may skip steps while ascending.
- On the third level of the burning building, raise a 35 lb. hose bundle attached to rope.
- Bring the load over the rail and place onto the deck.
- Lower the load back to the ground in a controlled manner.
- You may not allow the rope to slide through your hands.
- You may not allow the load to fall to the ground.
- You must touch every step while descending.
- The use of handrails is allowed.

#### 5<sup>th</sup> Task – Perimeter walk.

- This task simulates sustained fireground activity.



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- This task involves walking 160 feet around the perimeter of the building until you reach the next task.
- You may walk quickly, do not run.

### 6<sup>th</sup> Task – Charged hose line drag.

- This event is designed to simulate the tasks of dragging a charged hoseline from the fire apparatus to the structure.
- The proctor will tell you to stop once the hose line simulator has passed the marked area.
- Place hose over the shoulder and walk away from the fire apparatus to deploy the 120 lb. hose simulator.
- Walk 50 feet to a pre-positioned obstacle.
- Once you start moving, do not stop until instructed to do so by the proctor.
- Make a 180-degree turn and move the hose line back to the starting position.

### 7<sup>th</sup> Task – Charged hose feed.

- This task simulates feeding a charged hose line to another firefighter.
- You must keep your body within the designated area during the entire task.
- Grab the 120 lb. hose line and pull it using your upper body.
- Once started, do not stop until 50-feet of fire hose has been moved.
- You will be instructed to stop by the proctor when the hose line reaches the edge of the box.
- Do not stand until complete.
- Walk to the next event.

### 8<sup>th</sup> Task – Equipment carry.

- This event is designed to simulate the tasks of removing power tools from a fire apparatus, carrying them to the emergency scene and returning the equipment to the fire apparatus.
- You will carry a 35 lb. dumbbell and a 50 lb. dumbbell.
- You will walk a total distance of 100-feet and return the equipment to the designated area.
- You are permitted to place the dumbbells on the ground to adjust your grip.
- You may walk quickly, do not run.
- Do not drop either dumbbell.
- Walk to the next event.

### 9<sup>th</sup> Task – Ceiling breach and pull.

- This task simulates breaching the ceiling with a pike pole during overhaul operations and to check for fire extension.
- You will pick up a pike pole attached to a 35 lb. weight.
- You will pull the pike pole and raise the weight 25 times.
- You must count out loud.
- You must use both your left and right arms during this task.
- Each raise starts from the ground and upward until the weight is 2-feet off the ground.
- Return the weight to the ground after each raise.
- Do not drop the weight.
- Maintain control of the pike pole the entire time during this event.
- Walk to the next event.

### 10<sup>th</sup> Task – Victim rescue.

- This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene.



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- Grasp the 150 lb. simulated victim and drag it 35 feet to the designed area.
- Perform a 180-degree turn and drag the simulated victim 35 feet to the starting area.
- You are permitted to drop and release the simulated victim and adjust your grip.
- The entire simulated victim must be dragged until it crosses the finish line.

### 11<sup>th</sup> Task – Walk a designated path.

- This task simulates sustained fireground activity.
- Walk along a 90 feet designed path to the base of the burn building stairs.
- Do not stop.
- You may walk quickly, do not run.

### 12<sup>th</sup> Task – Stair climb.

- This event is designed to simulate climbing stairs in full protective clothing.
- Climb to the third level of the burn building.
- You may skip steps while ascending.
- The use of handrails is allowed.
- Descend the stairs to the ground level of the burn building.
- You must touch every step while descending.
- This completes the physical ability test.
- Time stops once both feet leave the stairs.