



**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.”

### ORANGEBURG DEPARTMENT OF PUBLIC SAFETY FIRE DEPARTMENT FIREFIGHTER CANDIDATE MEDICAL CLEARANCE AND DISCLAIMER OF LIABILITY

To Candidate: Provide the information requested below. Your physician must complete the next section of this form.

Candidate's Name: \_\_\_\_\_ Last Four of Social Security #: \_\_\_\_\_

NOTE: If you do not take the physical agility test within 60 days of your medical examination, you must obtain a new medical evaluation and complete a new disclaimer form.

#### FOR PHYSICIANS USE ONLY

**NOTE TO PHYSICIAN:** Please be advised that the person whose name appears above has been scheduled to take the physical agility component for the Firefighter selection process. He/she will be required to participate in the strenuous physical activities as described on the attached form.

**Physician's Determination:**

Can this candidate safely perform this physical agility test and/or practice test without injury?     Yes     No

If your answer is "NO" and the medical condition is temporary, please indicate the date after which the candidate may be safely tested. Candidate may be tested after (DATE) \_\_\_\_\_

If your answer is "NO", and the medical condition is permanent, please indicate so by checking the box and stating the reason(s) below.

Physician's Remarks:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician's Signature: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

Date: \_\_\_\_\_ Medical License Number: \_\_\_\_\_

#### DISCLAIMER OF LIABILITY

Participation in the firefighter physical performance test involves strenuous physical activities which require strength, endurance, and speed. You will be allowed to participate in the test and/or practice test only if you have been examined by a physician who certifies on this form that you can safely perform the physical performance test and or practice test without injury. The City of Orangeburg has no knowledge of your physical condition or abilities and must therefore rely upon your representation and the representation of your physician that you can perform this test and/or practice test without injury. Furthermore, to the extent that your physician's certification pre-dates the date of this test and/or practice test, you attest that your health condition has not changed in the interim. Your signature below indicates that you understand that you are assuming all risk connected with participation in this test and/or practice test and that the City assumes no responsibility for any injury incurred during or because of your participation in the test and/or practice test. By signing this document, you release the City from all claims of any nature relating to your participation in this test and/or practice test.

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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### Events in the Physical Agility Test

#### 1st Task – Stair climb with hose bundle.

This event is designed to simulate climbing stairs in full protective clothing while carrying a 35 lb. hose bundle and climbing stairs in full protective clothing carrying fire fighter equipment. 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.

#### 2nd 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 to the next event.

#### 3rd 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.

#### 4th 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.

#### 5th Task – Perimeter walk.

This task simulates sustained fireground activity. This task involves walking around the perimeter of the building until you reach the next task. You may walk quickly, do not run.

#### 6th 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.

#### 7th 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.

#### 8th 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



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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.

### **9th 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.

### **10th Task – Victim rescue.**

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

### **11th Task – Walk a designated path.**

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

### **12th 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.