

Basic Physical Ability Test

Candidates who participate in the Basic Physical Ability Test (BPAT) will be required to complete the following events. There is a time limit for each event. The scores are based on whether the person can complete the required event in the allotted time.

Some events may take place outdoors, so candidates should dress for the prevailing weather conditions. You must bring your own leather work gloves. Shorts shall not be permitted at the physical ability test.

Event #1 - Equipment Carry

Simulates

Advancing equipment into a building at a fire scene. Tests balance, awareness of body position and movements and lifting strength and stamina.

Procedure

Carry three (3) separate items up two (2) flights of stairs (approximately thirty (30) stairs) and then down again. Total weight of the three items is approximately 145 pounds. Time limit: 4 minutes, 30 seconds.

Event #2 - Hose Drag/Couple

Simulates

Actual moving and coupling of hoses at a fire scene. Tests eye-hand coordination and manual dexterity.

Procedure

Pull sections of hose that weigh approximately fifty (50) pounds each a distance of one hundred (100) feet and connect them to a fixed connection (male/female connection). Time limit: 2 minutes, 00 seconds

Event #3 - Ladder Operation

Simulates

Positioning and climbing the one-person ladder at a fire scene. Tests eye-hand coordination; awareness of body position and movement.

Procedure

Remove a 14 foot ladder from its mounting, position it against a wall; climb the ladder, return to the ground and remount the ladder at the start point. Time limit: 1 minutes, 05 seconds

Event #4 – Simulated Rescue

Simulates

Rescue of an injured person at an emergency scene. Tests lifting strength; stamina in maintaining muscular exertion; balance.

Procedure

Carry or drag a dummy weighing approximately 120 pounds up and down two flights of stairs from a starting and ending point 50 feet from the stairs. Time limit: 3 minutes, 00 seconds

Event #5 – Hose Pull

Simulates

Pulling hose lengths or equipment to upper floors at a fire scene. Tests eye-hand coordination; control of repetitive muscle use; lifting strength; and claustrophobic reaction.

Procedure

Standing in a third story window, pull 50 feet of utility line (rope) then 50 feet of hose which is tied to the line over a pulley assembly until the hose nozzle reaches an indicated location. Time limit: 1 minutes, 30 seconds

Event #6 – Joist Walk

Simulates

Walking on attic or unfinished joist construction at a fire scene, while carrying equipment. Tests balance, lifting strength, awareness or body position and movement.

Procedure

Carrying a 50 pound coil of hose, walk the length twice of a 28 foot ladder laid on the ground, stepping only on the side rails and without stepping off the ladder. Time limit: 1 minutes, 05 seconds

Event #7 – Forcible Entry

Simulates

Use of an axe to break into buildings or to create ventilation openings in floors, roofs, etc. at a fire scene. Tests eye-hand coordination; upper body mobility and control; repetitive maximum exertion.

Procedure

Swing a fire axe 15 times at a ground level target, using a full overhead 2 arm swing. Time limit: 00 minutes, 20 seconds