



MONTGOMERY COUNTY E.S.D. 9
Caney Creek Fire & Rescue

16723 FM 2090 Conroe, Texas 77306
936-231-3527 • Fax 936-231-2019
Email: admin.mcesd9@mcesd9.org



Physical Ability Test

Purpose:

The Physical Ability Test (PAT) is designed to evaluate the candidate's natural or acquired talent, ability, and capacity for satisfactorily performing the functions of a Firefighter. This test does not discriminate against individuals on the basis of sex, age, race, religion, or national origin. It is specifically planned to evaluate the candidate's ability to perform the following tasks which have been identified on the basis of both importance and frequency to be critical to the job of a Firefighter:

- Mile Run
- Ladder Climb
- Equipment Carry
- Hose Carry
- Ventilation Simulator
- Hose Drag

Physical Ability Test:

- Passing of the PAT: In order to pass the PAT, a candidate must successfully complete all tasks. If a candidate fails any one task, he/she will **NOT** be allowed to proceed through the remaining tasks. A candidate passing all tasks will continue to the next step in the hiring process.
- Pre-Test Screening: Participants will have their blood pressure and pulse rate taken prior to beginning the PAT. Norms for resting blood pressure and pulse rate have been established as:
 - Blood pressure must be no greater than 160 systolic and 100 diastolic. Resting pulse rate must be no greater than 110 beats per minute.
 - If a participant's blood pressure and/or pulse rate are determined to be over the accepted norms, he/she will be given the opportunity for a recheck after 10 minutes. The lowest reading will be utilized.
 - Participants who do not meet the norms of blood pressure and pulse rate will **NOT** be allowed to test.



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- Clothing and PPE: Candidates will perform the entire PAT utilizing athletic type clothing, shoes, fire helmet, and fire gloves.

Testing Procedures:

- Test proctor will obtain participants resting blood pressure and heart rate.
- Participant will don required PAT PPE.
- Tests will begin when candidate starts the run.
- In addition to timing of the run, the examiner will keep and overall time from the start of the ladder climb to the end of the hose drag.
- Candidate's information and times will be documented on the Physical Ability Test Form.

Instructions given by Proctor: Before each task, the examiner will give instructions concerning that task. Candidates will be expected to listen to those instructions, ask questions if they are not clear, and to follow them in performing the task. Candidates will be instructed to rest the equipment and restart the task for failing to follow instructions.

TASKS:

Tasks will be performed in the following order and with only the specified rest period.

Mile Run

- Equipment Required: None
- Description: Candidates will run a distance of one mile not to exceed 13 minutes; 5-minute rest period following.

Ladder Climb

- Equipment Required: Pre-Raised 24ft. Extension Ladder
- Description: Candidates will climb to the top of the ladder placing their hands on the top rung before returning to the ground.



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Equipment Carry

- Equipment Required: Two 5-gallon foam buckets placed in predetermined area to allow 50ft. of travel distance.
- Description: Candidates will carry both 5-gallon foam buckets 50ft. between predetermined areas.

Hose Carry

- Equipment Required: Pre-bundled High-Rise Pack placed in predetermined area to allow travel distance.
- Description: Candidates will carry a pre-bundled High-Rise Pack (100ft. of 1-3/4") 50ft. between predetermined areas.

Ventilation Simulator

- Equipment Required: Rubber tire of appropriate size, sledgehammer
- Description: Candidates will strike a rubber tire ten times with a sledgehammer using full swing.

Hose Drag

- Equipment Required: 100ft. of 3" hose placed in predetermined area to allow 100ft. of travel distance.
- Description: Candidate will drag 3" hose 100ft. between predetermined areas.



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Physical Ability Test Form

Last Name: _____

First Name: _____

Time: _____ B/P: ____/____ HR: _____

Time: _____ B/P: ____/____ HR: _____

Blood pressure must be no greater than 160 systolic and 100 diastolic. Resting pulse must be no greater than 110 beats per minute. *See Pre-Test Screening Procedures.*

Course Description:

Mile Run:

Not to Exceed 13 min.

Complete: _____

Incomplete: _____

Start Timing:

Start of Ladder Climb to end of Hose Drag

Ladder Climb

Complete: _____

Incomplete: _____

Equipment Carry

Complete: _____

Incomplete: _____

Hose Carry

Complete: _____

Incomplete: _____

Ventilation Simulator

Complete: _____

Incomplete: _____

Hose Drag

Complete: _____

Incomplete: _____

Start of Ladder Climb to end of Hose Drag Time: _____

Proctor: _____

Date: _____