

# Fire Services - Physical Ability Test





## Evaluator Instructions

1. Evaluator goes alongside candidate during all obstacle test elements.
2. Candidates wear gym/fitness clothes with runners.
3. Weight vest (40lbs), helmet (no visor) and leather gloves are always worn except for the 1.5 mile run.
4. Recommended that jewelry be removed.
5. The Obstacle Course must be completed in 9 minutes, walking between stations.
6. If unsuccessful on the Obstacle Course, candidate will not advance to the run.

The Leduc Physical Test is a physical ability test designed to determine if an applicant has the physical capabilities needed to perform the job duties of a firefighter. These job duties require balance, coordination, strength, endurance and cardiovascular fitness. These events include:

- Forced Entry
- Charged Hose Advanced
- Ladder Climb
- Hose Carry
- Equipment Hoist
- Equipment Carry
- Victim Rescue

## Candidate Instructions

1. Arrive 15 minutes prior to scheduled test time
2. Bring signed medical forms to test
3. Check in on the second floor at the Fitness Desk at Leduc Recreation Centre – 4330 Black Gold Drive. Parking is most convenient at East entrance.
4. In the case of emergency day of test, contact Fitness Desk at 780-980-8455





## 1. Forced Entry

The candidate stands perpendicular to a 3-foot high desk or table on which a 45lbs. weighted tire is placed. Using a 10lbs. sledgehammer the candidate must repeatedly strike the tire until it has moved 12 inches across the desk. The candidate may use as many strikes with the sledgehammer as needed to move the tire. The candidate must strike the tire with both hands firmly grasping the sledgehammer. The tire must be moved fully across the finish line on the desk.

Rationale: Designed to simulate critical tasks of using force to open a locked door or to breach a wall. Challenges aerobic capacity, upper/lower body muscular and core strength as well as endurance, balance and grip strength.

Walk To Next Station

## 2. Charged Hose Advance

From a starting position, the candidate will bend and pick up a nozzle connected to three lengths of charged 44 mm hose. Holding the hose over one shoulder with both hands on the hose, the candidate will advance the hose to the finish line a distance of 30m. Running is not permitted while advancing the hose, only walking.

Rationale: Designed to simulate a charged hose line, assessing lower body strength and power for pulling and dragging.

Walk to Next Station

## 3. Ladder Climb

Facing the ladder, the candidate's feet must hit the 10th rung of a 24' ladder up and down a total of five times as quickly as possible. A repetition begins with both feet on the floor at the base of the ladder. The candidate must place both feet on the 10th rung before reversing direction to climb down. Three points of contact must always be maintained with the ladder and the ladder must be climbed and descended rung by rung without skipping any rungs. If any of these criteria are not met a fail will be given for this event.

Rationale: Designed to simulate critical task of climbing a ladder into a building. Leg strength and endurance for climbing under load is evaluated here. As well as manual dexterity and any fear of heights (acrophobia) is addressed with this test.

Walk to Next Station



## 4. Hose Carry

Starting on the bottom floor, the candidate must pick up, shoulder hold, and carry one 45lb hose, ascend four flights to the third floor (track), descend back to bottom and then ascend again to third floor (track). The candidate must carry the hose, not drag or roll the hose through the entire course. No penalty is given for dropping the hose, but it must be picked up and carried again if dropped. The candidate may use two steps at a time for ascending, but are required to descend using one step at a time. The candidate may hold the hose on whichever shoulder they choose as long as they maintain contact with one handrail at all times. If the candidate does not meet these criteria a fail will be given for this event.

**Rationale:** This test simulates carrying equipment to the staging areas of high-rise fire. It assesses dynamic balance, muscular strength of the upper body and back, plus muscular endurance and power of the legs.

Walk to Next Station

## 5. Equipment Hoist

The candidate standing on the third floor of the stairwell, and using the hand-over-hand-method must hoist one section of 65mm hose (44lbs.) from the ground up to the third floor, then lower the hose back to the ground. The candidate must stand at the railing and reach over the top to pull the hose upwards; ensuring rope does not rest on railing. The candidate must remain standing with both feet in the designated area (a 1m x 1m square). The hose pack must be raised to the top of the railing before being lowered back down. At no time during the task will the candidate be allowed to let the rope slide through their hands. Stepping outside of the designated area, allowing the rope to slide through the hands or placing a foot on a wall is a fail.

**Rationale:** Strengthen shoulders and arms as firefighters are required to lift and transport patients on spine boards, and heavy equipment at emergencies. This must be done in a timely manner and may require covering considerable distance.

Walk to Next Station





## 6. Equipment Carry

The candidate picks up two dumbbells; a 30lbs. and a 40lbs. off of a 3-foot high stand, one in each hand, placing one dumbbell in front rack position at shoulder height and placing the other in the farmer's carry position. The candidate then carries them 50 ft., places them down and switches hands, walks 50 ft. back and places them back on the stand. The weights can be placed down and picked up again in a controlled manner, but if the dumbbells are dropped this is a fail.

Rationale: Strengthen shoulders and arms as firefighters are required to lift and transport patients on spine boards and heavy equipment at emergencies. This must be done in a timely manner and may require covering considerable distance.

Walk To Next Station

## 7. Rescue Attempt

The candidate grasps the 180lbs. mannequin either by grasping the drag rescue device on the mannequin's bunker jacket or by squatting and grasping the mannequin under the arms and around the chest. They then drag the mannequin 45 ft., make a 180 degree turn around a pylon and return 45 ft. to the finish line. The mannequin may be put down to adjust grip as many times as needed. The mannequin must be fully dragged across the finish line.

Rationale: This simulates rescuing a downed firefighter or rescue wearing full turn-out gear. It assesses upper body, back, plus lower body muscular strength, agility and dynamic balance.

15 Minute Break before 1.5 Mile Run.

## 8. 1.5 Mile Run

The candidate must run 2.41 km in under 13 minutes on outside lane of track.

Rationale: Cardiovascular fitness and running. These tests are representative of tasks done on the job by a Firefighter, EMT, and/ or Paramedic.

Chances for passing the physical ability test can be greatly increased with adequate preparatory physical training. Physical training should emphasize cardio-respiratory fitness, strength, and muscular endurance. The rationale areas are recommendations on areas to enhance your training. These areas do not guarantee the proper conditioning for passing the LPT Exam.