



PROSPER FIRE RESCUE

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PHYSICAL ABILITY TEST

As part of the selection standards for appointment to the Town of Prosper Fire Department, you will be required to pass a Physical Ability Test provided you have met all prior requirements. The date and time of the test will be announced in advance. The following information is provided for your assistance.

If you have any physical condition which, in the opinion of the Test Administrator, could present a greater than normal possibility of injury, you may be required to obtain a physician's statement to document your suitability for testing.

The test consists of separate events as described below:

The physical agility test is a fire suppression exercise in which you are required to perform a number of physical tasks which firefighters often perform when combating a structural fire. This exercise begins with climbing 100' aerial ladder and identifying a tool from the platform of the aerial. Once you have descended the ladder you must complete the following tasks within the allotted time:

Pulling a 1 ¾" charged hose a distance of 100 feet and place the nozzle on the ground at a predetermined mark.

You must then carry a section of bound hose up a flight of stairs and back to the floor landing a total of 3 times. After the third climb up the stairs, the candidate will drop the hose on the 2nd floor landing. Then you are required to pull a full section of dry 2 ½" hose up to and on the second-floor landing of the stairwell using a hand over hand technique. This shall be accomplished while standing stationary with both feet on the landing. You will then descend from the staircase touching every step.

After you descend from the stairwell you are then required to drive the sled 3 feet using an 8-pound sledgehammer.

You must then remove a 14' (foot) roof ladder from the side of a fire engine and place it on the ground 7' (feet) or more from the fire engine. You are then required to carry a chain saw and a K12 saw around the fire engine and place them back in the same position as you picked them up.

You must then move a 165-pound dummy a distance of 30' (feet) using a firefighter's drag. Your time ends when the dummy completely crosses the marked line.

Each exercise is performed as a continuing series of events without a designated rest period. This does not mean that you may not stop and rest, but if you elect to do so the time continues to run. To successfully complete the test, you must complete all exercises in the time period provided. (Time limit is 7 minutes or 420 seconds) Applicant cannot move to next task until the task at hand is complete. Failure to complete a specific task will constitute failure of the test. Each event will be timed by proctors using a stopwatch. You will be required to wear a turnout coat, gloves, helmet, and self-contained breathing apparatus (air pack) while completing each event. These items will be furnished by the fire department. If the applicant owns gear, it may be used in place to the fire departments gear. Failure to complete any event will constitute failure of the test. All events will be demonstrated by fire department personnel prior to the test in order to familiarize you with each event.