

**MT. LEBANON FIRE DEPARTMENT
COMBAT FIREFIGHTER
PHYSICAL AGILITY TEST**

To become a suppression firefighter for the Mt. Lebanon Fire Department a prospective candidate must first successfully complete the Combat Firefighter Physical Agility Test. The test is designed to determine if the candidate is physically able to perform the essential functions of firefighting.

The test is patterned after the ARA Human Factors "Firefighter Combat Challenge Course." It consists of five (5) skill stations the candidate must complete. There is no time limit for each station; however, the entire course must be completed in no more than seven minutes and thirty seconds (7.5 min.). The test will be PASS/FAIL. No extra credit will be given to lower times.

While participating in the test, each candidate shall wear the following items:

- ❖ Firefighter turnout coat with liners
- ❖ Firefighter turnout pants with liners
- ❖ Fire helmet
- ❖ Firefighter gloves
- ❖ 45-minute 4500 psi SCBA without facepiece
- ❖ Firefighter boots, or athletic shoes or other shoes of candidate's choice

The Mt. Lebanon Fire Department will provide all equipment. The candidate may choose to wear his or her own equipment in lieu of that supplied by Mt. Lebanon.

STATION 1

The test begins at Station 1 – **Stair Climb with High Rise Pack**. At this station, the candidate shall pick up from the floor, two (2) fifty foot (50') sections of one and one-half inch (1.5") hose that have been strapped together to form a shoulder pack. The candidate shall carry the hose pack up a stairwell the equivalent of three (3) floors. While traveling up the stairs, the candidate may step on every stair or skip stairs, as he or she desires. At the top landing, the candidate shall deposit the hose pack on the square marked on the floor. The candidate shall then proceed to Station 2.

STATION 2

At Station 2 – **Hose Hoist**, the candidate must use a rope to hoist a fifty-foot (50') roll of two and one-half (2.5") fire hose from ground level to the third floor level of the building. The rope is attached to the hose roll, passes up the side of the building, over a hose roller and into the third floor window. The candidate shall grasp the rope and using a hand over hand method pull the rope into the window until the hose roll is hoisted to the third floor. When the hose has been hoisted to the proper level, the candidate shall encounter a loop tied in the rope. This loop must be passed over a handle on the hose roller to hold the rope in place. The candidate shall then proceed back down the stairs, stepping on every stair on the way down. The candidate shall then proceed to Station 3.

STATION 3

At Station 3 – **Forcible Entry**, the candidate will use a nine-pound (9#) dead blow hammer to drive a steel beam a distance of sixty inches (60"). The candidate shall stand on the Keiser Force Machine straddling the beam. The dead blow hammer shall strike the end of the beam as many times as necessary to drive the beam the required distance. When striking the beam with the hammer, both the candidate's hands must be gripping the handle, between the handle end and the white tape marking on the handle. After driving the beam the required distance the candidate shall then proceed to Station 4.

STATION 4

At Station 4 – **Hose Advance**, the candidate will advance a charged two and one-half inch (2.5") hoseline with attached nozzle a distance of seventy-five feet (75'). The hose must be picked up and grasped between the tip of the nozzle and tape markings around the hose. It must then be dragged along the floor until the nozzle and candidate have passed the tape marking on the floor. The candidate shall then place the hose and nozzle on the floor. The candidate shall then proceed to Station 5.

STATION 5

At Station 5 – **Victim Rescue**, the candidate, with or without ropes, straps or other assists, shall drag or carry a one hundred seventy-five pound (175#) dummy a distance of one hundred feet (100'). The dummy may be grasped under the arms, around the chest or in any other manner around the upper torso, or affix a rope to the dummy. The station and test are complete once the candidate and dummy have crossed the finish line.

The candidate must successfully complete all five (5) stations to pass the test. Maximum total elapsed time from starting Station 1 to completing Station 5 is seven minutes thirty seconds (7.5 min.). The candidate may rest at any time during the test; however resting time shall be included in the total elapsed time.