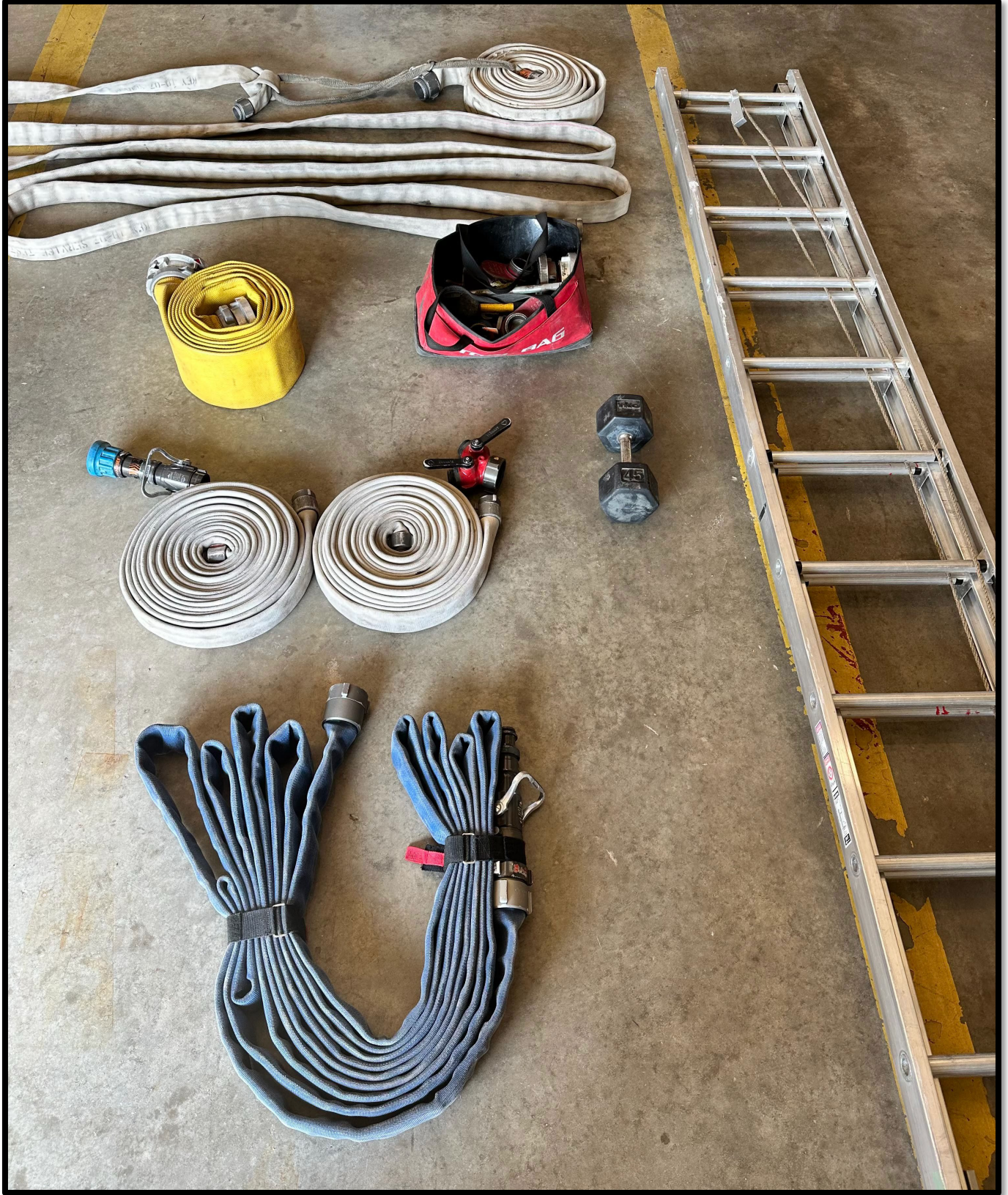


Physical Ability Test



Midway Fire District Entrance PAT Guide



Components of the Physical Ability Test

This guide has been developed for entry level Firefighters participating in the PAT

This PAT Guide will provide the candidate with sufficient information to prepare for and succeed in the PAT. The seven events that compose the Physical Ability Test are outlined on the following pages, along with suggestions for preparing for each.

The Physical Ability Test (PAT) consists of a series of tasks designed to assess critical physical abilities necessary for firefighter performance. These tasks were developed to mirror real situations that firefighters encounter and represent basic skills that firefighters use in training and during emergency operations.

These seven job-related physical ability test components are timed in a continuous series.

Following is an overview of the components/stations of the PAT:

- *Full Hydrant hook up*
- *45 lb. dumbbell farmers carry (set in compartment)*
- *24' Ladder carry, raise, and fully extend and climb*
- *Hose hoist 3rd story window*
- *Four-story climb with one 50-foot section of 2 ½ hose w/nozzle*
- *45 lb. dumbbell farmers carry (pull out of compartment)*
- *Hose advance & hose pull*

The following points should help familiarize the candidate with what will happen on the day of the test.

- Candidates are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work. You will be performing physical acts that demonstrate strength, agility, and endurance, and it is important to be in attire that does not hinder your performance. You may get dirty from maneuvering through the exercises during the PAT and/or wet. Plan your dress accordingly.
- The candidate will wear a self-contained breathing apparatus (SCBA), excluding the face piece and low-pressure hose, for all components of the PAT. The SCBA weighs approximately twenty-five pounds. A fire helmet, bunker coat, and bunker gloves will be worn during the PAT and provided by MFD. Candidate can utilize their own gear; however, the testing authority reserves the right to inspect all equipment and to disallow equipment to ensure that its use does not affect the fair and impartial administration of the PAT.
- All seven components of the PAT will be timed in a series. **A passing score of seven minutes or less is required.** Any PAT time over 7 minutes will be considered a failure, resulting in the candidate not continuing to the interview process.

- Test monitors will be assigned to time the candidates while on the course. It is acceptable to ask the test monitor questions concerning course rules and layout before beginning the PAT. However, once a candidate begins the PAT, the test monitor will not answer any questions.
- Should the candidate perform one of the components incorrectly, the test monitor may guide the candidate through corrective actions to perform the component again. At no point will the time be paused during the PAT.
- Before testing begins, the test monitor will walk all candidates through the PAT and thoroughly explain all steps.
- The candidates should carefully follow the instructions and ask for clarification when needed.
- **Unnecessarily dropping, throwing, or intentionally misusing any testing props will be grounds to disqualify an individual.**

The Physical Ability Test (PAT), 7-Minute Time Limit

Station 1- Full Hydrant Hookup

Station Description:

The candidate will attach a small section of 5 inch hose approximately 25 feet in length with a Storz-to-hydrant adapter and two gate valves to the hydrant (the bag has two gate valves, spanner wrenches, and a hydrant wrench). Then, proceed to Station 2.

Station 2 - 45# Dumbbell Farmers Carry

Station Description:

After completing your full hydrant hookup, the candidate will pick up a 45-lb. dumbbell and carry it with one or two arms in the suitcase position for approximately 100 meters before placing it into a compartment. Then, proceed to Station 3.

Station 3 - 24'Ladder Carry, raise, and fully extend and climb

Station Description:

The candidate will pick up the ladder from a designated area, carrying in either a high shoulder, low shoulder, or suitcase carry. The candidate will raise the ladder with the fly section of a 24-foot extension ladder using the halyard. The candidate will use the hand-over-hand technique to extend the fly section of the ladder until it is all the way extended, ensuring dogs are locked. The candidate will ensure proper climbing angle. The candidate will then walk to a separate tied-off, fully extended ladder and climb up to the designated area. Then, proceed to Station 4

Station 4- Hose hoist

Station Description:

After ascending the ladder, the candidate will go to the designated window on the 3rd floor and pull up 1 $\frac{3}{4}$ inch hose line attached to a 50-foot rolled section of 2 $\frac{1}{2}$ inch hose. The candidate will hoist the 2 $\frac{1}{2}$ inch hose roll into the window. After completing the task, the candidate will go down to the first floor of the interior via the stairwell. Then proceed to station 5

Station 5- Four-Story Climb with one High-rise Pack (50-foot section of 2 $\frac{1}{2}$ hose w/nozzle)

Station Description:

A total of four (4) stairwell repetitions will be completed carrying a 'high-rise pack. Once the candidate exits the stairs following the fourth repetition, he/she will return the high-rise pack to the designated location. The candidate must carry the hose pack on either shoulder and carry the hose pack at all times. The candidate must not drag the hose pack at any time. Then, proceed to station 6.

Station 6 – 45 lb. Dumbbell Farmers Carry

Station Description:

After completing the high-rise component, the candidate will pick up the 45-lb. dumbbell from the compartment and carry it in a one- or two-arm suitcase position. The dumbbell will be placed next to the fire hydrant. Then, proceed to Station 7.

Station 7 - Hose Advance & Hose Pull

Station Description:

After setting Dumb Bell next to the fire hydrant, the candidate will proceed to a 100-foot charged section 1 $\frac{3}{4}$ inch hose line. The candidate will pick the nozzle and line and advance 50 feet. Once the candidate crosses the designated line, he/she will pull the remainder of the line 30 feet using a hand-over-hand method until coupling crosses the designated line.

The final PAT time stops once the designated coupling crosses the designated line.