

## Northwest VFD Physical Abilities Test

The physical agility test will be given November 20, 2015 immediately following the written test at our Station #42 located at 5335 Green Pines Dr., Houston, TX 77066.

It is strongly encouraged that you wear workout apparel including good athletic footwear. All other equipment will be provided by Northwest VFD. Vital signs will be taken prior to and immediately following the PAT test. You will NOT run during any event of the PAT and you will only receive one warning. The second time you run the proctor will disqualify you and you will fail the PAT. The afternoon of the event we will demonstrate each event and answer any questions you may have prior to the first test beginning.

To begin the PAT you will climb the 100' aerial ladder at an angle of 75 degrees and fully extended to 100'. Once you begin the ascent you must continue without stopping for breaks. During this event you will be wearing a helmet, gloves, and be secured into a full body rescue harness attached to a rope for safety. Once you touch the top rung and the NWVFD personnel in the bucket advise you so, you may descend the ladder. This is not a timed event and all applicants are encouraged to do this in safe manner which means moving a steady pace but not rushing. If at any time the proctor feels you are moving too quickly they may tell you to slow down and they will only give one warning. If you stop for more than 10 seconds on one rung you will fail the test.

After the aerial climb you will be given a 5 min rest period to hydrate and take a break before starting the timed events. During the timed events you will complete each task wearing gloves, helmet, and a 40 lbs. weight vest (simulating the weight of an SCBA and bunker gear). You must complete the timed events in less than 5 minutes. Once you start the first event your time will start and will continue until you have completed the last event.

### **Event #1:** High rise hose pack carry

You will carry a hose pack with 150' of 1 3/4" hand line with a nozzle up a flight of stairs. Once both feet are on the top landing you will set each hose pack down inside the door. You will then descend the stairs and you must use the hand rail going down the stairs for safety. This will be repeated two additional times until you have carried all three hose packs up the flight of stairs. The time will begin when your foot hits the first step and you may use the hand rail of the stairs to pull yourself up during the event. You will NOT be allowed to skip steps going up or down the stairs.

### **Event #2:** Kaiser Sled

You will pick up the supplied sledge hammer and strike the sled moving the sled from one side to the other until the end of sled reaches the other end and the proctor advises you that you have completed the event.

**Event #3:** 1 ¾" charged hose drag

A 100 foot section of 1 ¾" hand line will be charged at 100 psi and snaked prior to the beginning of the test. You must advance the charged hose until the hose is straight and the proctor tells you to stop. You may advance it however you feel you can accomplish the task.

**Event #4:** Dummy drag

You will drag the dummy 50 feet to the cone in any manner you wish around the 50' mark and then drag it back to the original starting point. Your time will stop when the dummy is completely past the 100' mark.

Once you complete the PAT your vital signs will be taken again and you will be given cold water or Gatorade to rehydrate.

Thank you for your interest in Northwest Volunteer Fire Department and I look forward to meeting you during the tests.

Wesley Cole

Fire Chief

