

**BROWARD FIRE ACADEMY
2600 SW 71ST TERRACE
DAVIE, FL 33314
754.321.1300 FAX 754.321.1302
www.browardfireacademy.org**

COUNTY-WIDE FIREFIGHTER PHYSICAL ABILITY TEST

IMPORTANT INFORMATION:

- Print County-Wide Firefighter Physical Ability Test outline
- All applicants ***MUST*** register for the County-Wide Firefighter Physical Ability Test prior to test date
- Registration closes the Wednesday prior to testing date
- Register in person, by fax or by email at bfa@browardschools.com
- The Physician Statement ***MUST*** be signed by a doctor
- Hold Harmless Agreement ***MUST*** be notarized
- Completed Physician Statement and Hold Harmless Agreement are valid for 6 months
- Keep a copy of the Physician Statement and Hold Harmless Agreement for your records
- The County-Wide Firefighter Physical Ability Test is valid for one (1) year

IMPORTANT REMINDERS:

- The County-Wide Physical Ability Test starts at 7:00 a.m.
- Applicants ***MUST*** have a valid photo ID to test
- Wear appropriate clothing
- Long pants, tee shirt and towel ***REQUIRED*** for swim portion of test
- Change of clothing ***REQUIRED*** for physical ability portion of test
- Bring a towel
- Bring food and water
- Applicants ***MUST*** have completed Physician Statement and Hold Harmless Agreement to take the County-Wide Firefighter Physical Ability Test

COUNTY-WIDE FIREFIGHTER PHYSICAL ABILITY TEST

The Broward Fire Academy Physical Test is based upon a comprehensive job task analysis; this determined tasks that are deemed critical, ones performed frequently by firefighters.

Part I - The On-Target Combat Task Test, was developed by Paul O. Davis, PhD and Charles Dotson, PhD of ARA/Human Factors, Inc. This validated job-simulation test is used to objectively measure firefighter performance. The tasks are performed sequentially, and accurately reflect the metabolic demand imposed on a firefighter during actual emergency situations.

ARA/Human Factors, Inc. have monitored heart rate responses and pulmonary requirements for these and other firefighter activities. Not all fires are the same, and it is not possible to anticipate every emergency scenario. However, a firefighter who can complete the tasks listed below within the recommended time frame possess the level of fitness necessary to meet most emergency demands.

Part I, the On-Target Combat Task Test is done wearing a 22 pound weighted vest. The events are done sequentially and must be completed within 7 minutes. The clock does not stop until all five events are completed. However, a candidate should pace his/her self and no running is allowed at any time during the entire test.

Part II consists of four separate exercises that will test a candidate's ability to perform as a firefighter.

This ability test is designed so a candidate must walk at all times. Automatic failure will occur if:

1. The 7 minute time limit is exceeded. At this point the clock will stop and the test is completed for that individual.
2. Equipment is abused by unnecessarily dropping a nozzle, hose or sledgehammer on the ground. All equipment shall be properly set on the ground.
3. Failure to comply with specific instructions given by the staff of the Broward Fire Academy.

PART I

Task 1 - High-rise Stair-Climb Evolution

Start behind the red line. The high-rise hose pack shall be placed on the left shoulder. The free right hand is to be used on the handrail for balance only.

NOTE: The handrail cannot be used to pull yourself up or pivot around landings.

Contact must be made with every step. Do not skip a step ascending or descending. The hose pack must be deposited on the fifth floor landing at the spot marked with an X.

TASK 2 - Hoist Evolution

Walk to the fifth floor window; step up and out onto the balcony. Stand behind the red line; use a hand-over-hand method to pull the rolled hose to the top of the railing. Walk forward and lift the hose roll over the railing and place it on the floor.

NOTE: Do not place your feet on the concrete edge that is painted red.

Return to the fifth floor landing and place the high-rise hose pack on the right shoulder. Descend the stairs using the handrail for balance only.

NOTE: Contact must be made with every step. Do not skip a step or run at anytime.

Once at the base of the stairs, place the high-rise hose pack on the ground and proceed to the Forcible Entry Evolution.

TASK 3 - Forcible Entry Evolution

Position both feet on the diamond plate so your toes are even with the weighted slide. Bend forward so you can see the end of the slide at all times. With ten pound dead-blow hammer, using short hard strokes, drive the slide five (5) feet until it clears the numbered markings.

NOTE: The body must be kept in the bent forward position and the eyes on the target at all times. The hammer head cannot be raised higher than the 10 o'clock position, and the hands must not move on the hammer handle.

Carefully set the hammer down and proceed to the Hose Advance Evolution.

Task 4 - Hose Advance Evolution

Pick up the nozzle and place it over either shoulder and drag a charged 1.75 inch hose line straight forward 75 feet. The evolution is finished when the nozzle completely crosses the line between the cones. If you should slip, get up and continue on.

NOTE: Hands should be placed on the hose or coupling, not the nozzle and the nozzle should reach the waist.

Place the nozzle on the ground and walk around the cones to the Victim Rescue Evolution. Automatic failure will occur if the nozzle is dropped.

Task 5 - Victim Rescue Evolution

Pick up the rope of the 175 pound victim and drag it, walking backwards only, 100 feet to the marked finish line. This evolution and Part I of the test are completed when the victim completely clears the finish line.

NOTE: If you should slip, get up and continue on.

PART II

Task 1 - Ladder Exercise

Stand behind the cone; pick up a 24' extension ladder and using a low shoulder carry walk 50 feet to the marked area.

Place the ladder on the ground, walk to the 50 foot Bangor ladder where a safety lines will be attached. Climb to the top, put in a leg lock with the left leg and touch the red mark with the right hand. Descend the ladder where the safety line will be removed. No time limit.

NOTE: Proper technique must be employed for the carry and placement of the 24 foot ladder and for the climbing of the 50 foot ladder.

Automatic failure will occur if:

1. A fear of heights is exhibited or stops on the ladder are made without authorization.
2. Running, skipping rungs, or disobeying instructions from test administrators is observed.
3. Climbing with both hands and/or both feet on the same rung.
4. The exercise is not properly completed.

Task 2 - Extrication Exercise

Using the appropriate handles, pick up the Hurst Tool Spreader. Walk to the wall and place the tips into each of the four holes indicated. Keep the tips parallel with the red marks. Return the tool to the point of origin.

Automatic failure will occur if:

1. The body is used for support.
2. Instructions for the test administrators are not observed.
3. The exercise is not properly completed.

Task 3 - Confined Space Crawl Exercise

Crawl through an unobstructed portion of the darkened maze. Follow the instructor to the "start" and crawl through the maze using a left hand pattern. "Stop" when told. Follow the instructor out. No time limit.

NOTE: A hard hat and gloves are to be worn for this exercise.

Automatic failure will occur if:

1. Unauthorized stops are made.
2. Claustrophobic tendencies or a fear of the dark is exhibited.

Task 4 - Water Survival Exercise

Jump off platform one meter above the surface of the water. Tread water for 3 minutes. At the instructor's signal, using any stroke, swim to the north end and back to the south end of the pool. Exit the pool.

NOTE: A pair of long pants and tee shirt are to be worn for this exercise. If anyone is a poor swimmer, please notify an instructor so you can be placed near the edge.

Automatic failure will occur if:

1. The exercise is not properly completed.

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PHYSICIAN STATEMENT

- **The Physician Statement is valid for 6 months**
- **The Physician Statement must be signed by a doctor**
- **Keep a photo copy of this document for your records**

I am familiar with the requirements of the Broward Fire Academy's Physical Ability Test.

I examined _____
(Patient's Name)

on _____, and found nothing to indicate that it
(Date)

would be medically inadvisable for him/her to attempt the
aforementioned test.

Physician's Signature: _____

Date: _____

Type or Print the following:

Physician Name: _____

Address: _____

Telephone Number: _____

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HOLD HARMLESS AGREEMENT

- **The Hold Harmless Agreement is valid for 6 months**
- **The Hold Harmless Agreement MUST be notarized**
- **Keep a photo copy of this document for your records**

I _____, as applicant before undergoing a required physical ability examination at the Broward Fire Academy, do hereby state the following:

1. That I understand that I will be taking a rigorous physical ability test for the position of firefighter.
2. That I understand that this test is intensive and related to the rigorous physical functions necessary to perform as a firefighter and have received the schedule of specific test events.
3. That I am in good physical condition and am able to take the above described physical ability examination at the Broward Fire Academy.
4. That I hereby release and waive any claims that I may have against the Broward Fire Academy and the School Board of Broward County from any and all injuries, liabilities, claims, actions, damages, costs or expenses which I may have against any of them arising out of the above described physical ability examination that I am about to take.

SIGNATURE OF APPLICANT _____

STATE OF FLORIDA:
COUNTY OF BROWARD

SWORN TO AND SUBSCRIBED BEFORE ME THIS _____ DAY OF _____, 20_____.

Signature of Notary, State of Florida

Print Name of Notary

- () PERSONALLY KNOWN TO ME; OR
() PRODUCED IDENTIFICATION

Type of Identification