



PROSPER FIRE RESCUE

PO Box 307
1500 E. First Street
Prosper, Texas 75078
Phone (972) 347-2424 Fax (972) 347-3010 www.prosperfire.com

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.

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 6 minutes or 360 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 (airpack) 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.

The test consists of an untimed aerial climb followed by a series of events that are timed:

Event 1 - Climbing a 100' aerial ladder. This is not a timed event. You must climb and touch the top rung of the ladder and then descend the ladder.

Once you climb down off the aerial turn table and touch the ground you have one minute to don an SCBA and make your way to the start of the timed portion of the test.

Event 2 - Pulling a 1 3/4" charged hose. Time will start when you grab the nozzle. You will drag 100 feet of charged hose and place the nozzle on the ground at a predetermined mark.

Event 3 - Hose bundle stair climb and hose pull. Carry a section of bound hose up a flight of stairs and back to the floor landing a total of 3 times. You must touch every step on the way up and down the stairs. 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 50' rolled section of dry 2 1/2" hose up to and on the second-floor landing of the stairwell using a hand over hand technique. You may not use the railing for leverage. This shall be accomplished while standing stationary.

Event 4 - Kizer Sled. You must drive the sled 3 feet using an 8-pound sledgehammer.

Event 5 - Ladder Removal. Remove a 14' roof ladder from the rear of a fire engine and place it on the ground 7' or more from the fire engine.

Event 6 - Equipment Carry. 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. Do not slam down saws.

Event 7 - Dummy Drag. You must then move a 165-pound dummy a distance of 30' using a firefighter's drag. Your time ends when the dummy completely crosses the marked line.