

CITY OF PITTSBURGH
DEPARTMENT OF PERSONNEL AND CIVIL SERVICE COMMISSION
FIREFIGHTER PHYSICAL ABILITY EXAMINATION -- EVENT DESCRIPTIONS

Following are detailed descriptions of the events which make up the Firefighter physical ability examination. They are listed in the exact order in which you will perform them at the examination. These events are available to be downloaded from the City's Internet home page at http://www.city.pittsburgh.pa.us/personnel/html/firefighter_recruitment.html. Also, at the exam you will have one opportunity to view the video before beginning. Please watch it carefully. The video will serve as your instruction for the events of the firefighter physical ability examination.

PLEASE NOTE:

- After the flexibility event the sequenced and scored events will follow.
- Prior to the start of the Sequenced and Scored Events, you will be assigned to a proctor who will escort you through the Sequenced and Scored Events.
You MUST follow all verbal instructions given by this escort proctor. If you do not follow all of these instructions you will be DISQUALIFIED from the entire examination and escorted to the Exit Table.
- There are no breaks or "**rest**" periods provided during the sequenced and scored events. Candidates **MUST** keep producing effort. **REST** is defined as producing no effort in trying to finish an event; where the muscles are relaxed.
- **Candidates who REST during the sequenced events for 10 seconds will be issued the following warning statement: "You must continue on with the event or you will be disqualified from further testing." If candidates do not continue on they will be disqualified from the event AND the entire examination and will be escorted to the exit table.**
- All events must be performed safely and as designated in these descriptions and the examination video. You **MUST** follow all of the written instructions or you will receive **NO CREDIT** for the event **AND** immediately be escorted to the next event.

TEST PREPARATION -- The following suggestions should help you prepare yourself physically for the test:

1. Avoid junk food and concentrate on a well-balanced diet for several days before the test.
 2. Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
 3. Get a good night's sleep before the test.
 4. Do not drink a lot of liquids or eat a big meal before the test.
 5. Avoid alcohol several days prior to and especially on the day of the test.
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Flexibility Event

You will stand with your back to the wall and your feet shoulder width apart.

On command, you will bend forward while bending your knees only slightly, and touch the rectangle on the ground with both hands at the same time. Then you will straighten up and twist and touch the rectangle on the wall with both hands. This is one cycle.

The next cycle is the same except that in touching the rectangle on the wall, you will twist in the opposite direction.

You will continue to alternate the side to which you twist on each successive cycle.

You must perform a certain number of repetitions in the allotted time in order to pass this event.

This is a pass/fail event. If you pass this event you will continue with the sequenced and scored events. If you do not pass this event you will fail the examination and will not be permitted to continue.

NOTE:

- Both hands must touch the floor at the same time.
 - Both hands must touch the wall at the same time.
 - You must touch inside the marked rectangles.
 - Your knees cannot bend beyond your toes.
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Donning the Harness with SCBA (This is not an event)

Those candidates who pass the flexibility event will go on to the sequenced and scored events.

Before beginning these events each candidate will be fitted with a harness, including an SCBA tank weighing 25 1/2 lbs. This equipment will be worn throughout the remainder of the exam. Please cooperate fully with the person who is assisting you with the harness. Make sure that it fits correctly and as comfortably as possible. You will not be permitted to stop during the exam to adjust the equipment.

SEQUENCED AND SCORED EVENTS

Victim Rescue Event

This event will use a 145 lb. articulated rope dummy - approximately 5' 5" in length. The starting position of the dummy will be a yellow line at the head of the dummy. Wearing a harness with an SCBA tank and gloves you will stand at the head of the dummy. When the proctor says "Begin" you will lift the dummy from a lying down position to a sitting position by grasping the rope loop at the back of the dummy. You will then drag the dummy through a course, approximately 130 feet long. The event is complete when the feet of the dummy cross the designated finish line. The entire dummy must cross the finish line.

NOTE:

- To lift correctly, stoop with your legs slightly wider than the dummy's shoulders.
 - Lean forward, maintaining a straight lower back.
 - Grasp the rope loop across the back of the dummy. You must grasp the rope loop on the back of the dummy with BOTH hands throughout the event.
 - Using your leg muscles, lift the weight keeping the dummy close to your body.
 - You must proceed backwards throughout the event.
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Forcible Entry Event

This event will be a simulation of forcible entry, performed by using a Keiser Force Machine. Wearing a harness with an SCBA tank and gloves, you will straddle the track, with one foot on the left and one foot on the right. You will stand at the edge of the diamond plate tread walk rails which are 9" from the ground. Standing in an upright position with the sledgehammer down and in front of you, when the proctor says "Begin" you will pick up the 9 lb. sledgehammer and hit the 10" x 10", three foot long, 165 lb. steel beam five feet, driving it along the distance of the track. You must keep your hands together on the sledgehammer when hitting the steel beam. The event is complete when the steel beam reaches the end of the track and is flush with the outside end. The proctor will say when to stop.

NOTE:

- You must move the steel beam of the Keiser Force Machine by driving it with the sledgehammer- you must **not** push the steel beam along the track.
 - In order to generate enough power for maximum impact, it is recommended that you raise the sledgehammer high enough to maximize the effects of gravity.
 - For the optimum force to be generated and the optimum striking angle to be achieved, it is recommended that you stand directly over the point of impact, as opposed to in front or behind it. This will make greater use of gravity and allow for greater impact.
 - After completion of this event you will immediately walk (briskly) to the Fire Tower for the next event.
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Stair Climb Event

Wearing a harness with an SCBA tank and gloves, you will arrange the straps on the highrise pack (approximately 50 lbs.) so you are comfortable. You may twist the straps together or leave them loose. You will pick up the highrise pack from the floor put it on your preferred shoulder and move to the yellow line on the floor. When the proctor says “begin” you will climb five flights of stairs, until you see the painted “5” on the door in front of you, surrounded by green arrows. You will place your hand on the “5”, turn around and go back down the stairs. You will place (not throw) the highrise pack back on the floor in the same place where you picked it up.

The event is complete when the highrise pack is placed back in the original position.

NOTE:

- The straps of the highrise pack must be placed on one of your shoulders throughout the event.
 - A brisk, steady pace is advised.
 - The banister can be used as a guide.
 - It is recommended that you use each step in ascending and descending the stairs and not skip any step in order to perform most efficiently and safely.
 - At the end of the event, you must place (not throw) the highrise pack down on the floor in the same place where you picked it up.
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Hose Hoist Event

In this event you will hoist a 45 3/4 lb. rolled hose from the ground up to the 5th floor window by pulling a 5/8” kernmantle rope over a hose roller. Wearing a harness with SCBA tank and gloves you will stand behind the yellow line on the floor. When the proctor says “Begin” you will climb five flights of stairs to the fifth floor.

When you reach the fifth floor you will enter the room on the left and go to the window. You will grasp the rope with both hands and using a hand over hand motion you will pull the rope to raise the hose up to the 5th floor window. You will continue to pull the rope until your hand touches the tape placed on the rope. This tells you that you have hoisted the hose to the 5th floor. You will hold the rope steady until the proctor takes the rope from your hands. You will then go back down to the first floor where this event began.

The event is complete when you cross the yellow line on the first floor.

NOTE:

- A brisk, steady pace is advised.
 - The banister can be used as a guide.
 - It is recommended that you use each step in ascending and descending the stairs and not skip any step in order to perform most efficiently and safely.
 - You must be in a standing position while hoisting the hose. However, you may use the foot brace for better leverage.
 - You must use only your hands for hoisting the hose.
 - After you have hoisted the hose to the 5th floor DO NOT let go of the rope until the proctor takes it from you.
 - When leaving the room to go back downstairs be careful that your feet do not become entangled with the rope.
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