

WFR PHYSICAL ABILITY TESTING

- Task #1 Stair Climb**
Carry a high-rise standpipe pack (2-50 foot sections of 1 1/2-inch hose weighing not more than 50 pounds) to the third floor.
- Task #2 Hose Hoist**
Using a hand over hand motion, pull a 5/8-inch rope to hoist a donut roll of hose (not more than 40 pounds) to the top of the tower.
- Task #3 Hose Advance**
After walking a distance of 140 feet, pick up a nozzle and move a 1 1/2 inch charged hose straight forward 75 feet, crack the nozzle, hit the designated target and place the nozzle in a square marked on the ground. Then walk 30 feet to the next task.
- Task #4 Victim Rescue**
Drag a 165-170 pound victim (Rescue Randy) a distance of 100 feet. The victim shall be picked up under the shoulders or may be dragged using the DRD strap.
- Task #5 Forcible Entry**
Using a shot mallet and force machine, drive an I-beam five feet.

Will be required to work continuously for 15 minutes on the above tasks, at a steady pace, completing at least 1 1/2 circuits in that time, but may not stop before the time limit. In addition, must perform the following:

- Tasks #6** Enter and maneuver through an underground confined space thirteen (13) feet long and twenty-four (24) inches in diameter.
- Task #7** Climb an aerial ladder to a height of 75 feet above the ground.