

**Spring Lake Park-Blaine-Mounds View Fire Department**  
**Physical Ability Evaluation – Updated 2014**

Candidate Name: \_\_\_\_\_ Date: \_\_\_\_\_

Station/Position: \_\_\_\_\_ ID #: \_\_\_\_\_ (Last 4 SS#)

**\*\*Before conducting this evaluation, each candidate must read and sign the “Informed Consent and Release Form”**

- The Physical Abilities Evaluation shall consist of 3 components; The pre-test, job-task simulation test, and a post test.
- The pre-test will follow YMCA procedures for 3-Minute Step Test and be administered by Health Strategies healthcare professionals.
- Each candidate will receive verbal results of their 3-Minute Step Test which may include; a safe recommendation to continue with evaluation, a warning of concern if moving forward with evaluation, or a failure due to resting health concerns.
- The job-task simulation test shall follow the below procedures and be administered by trained SBM personnel with the assistance of Health Strategies healthcare professionals.
- The post-test will measure recovery vital signs and be administered by Health Strategies healthcare professionals.
- The post-test shall be constructed to match an SBM rehabilitation sector including; water, snacks, a resting place, and healthcare professionals to assess vital signs and recovery rates.
- Any component of the test may be stopped at any time by an SBM staff member or Health Strategies professional at their discretion. If, in their opinion, the safety or well-being of the candidate is at risk the test may be stopped.
- No staff member or other candidate will be allowed to coach, encourage, or mentor the candidate while the evaluation is taking place.
- The evaluation will be timed for a measure of comparison only.
- Failure will result if a candidate cannot recover between tasks in 10 seconds or less or a candidate stops completely for more than 10 seconds.

## PRE-TEST

	Test Description	Critical Demands	Testing	Not Met
<b>1</b>	YMCA 3 Minute Step Test	Resting BP: _____ Recovery BP: _____ Resting HR: _____ Recovery HR: _____	Safe range of baseline vital signs. Ability to complete PAE without unnecessary harm.	

## JOB-TASK SIMULATION TEST

<b>2</b>	Don Bunker Coat, SCBA Harness and air tank, Helmet and Gloves.	Proper lifting technique – proper donning of tank harness	Donning of SCBA harness and tank. Flexibility in shoulders.	
<b>3</b>	AIR TANK ON: Independently lift a 60-lb. PPV (Positive Pressure Ventilator) with handles at 44” (height of apparatus compartment) carry 50 ft. and place on ground. Pick-up and return to truck.	Proper lifting and carrying techniques	Proper technique for lifting and carrying of a typical ventilator fan. Stability while walking under load.	
<b>4</b>	AIR TANK ON: Step up 22” onto the truck platform. Independently grab 150 ft. of 1 ¾” hose from a height of 82”. Carry on shoulder a distance of 50 ft. Place on ground.	Variable depending on fire situations. Ability to advance a hose line.	Stability while stepping up Ability to pull packed hose from hose bed Stability while stepping down from apparatus under a load Proper carrying technique Stability while walking under load	
<b>5</b>	AIR TANK ON: Grab and advance a charged 1 ¾” hose line 100feet – Nozzle closed.	Dragging charged hose line.	Ability to advance hose line. Stability while moving forward with increasing load. Ability to maintain momentum with increasing load	
<b>6</b>	AIR TANK ON: Complete mannequin drag of 175 lbs., 50 ft. around a cone and return 50 ft. *strap provided-optional	Dragging victims/partners to safety (from burning building; lifting, pulling, walking, upright and stooped).	Ability to rescue a victim. Ability to carry dead weight. Stability while carrying a load with a change in direction of movement.	
<b>7</b>	AIR TANK ON: Low level work of kneeling and crouching to roll 1 ¾” 50 ft hose into a bundle, and unroll. (Static hand roll maximum of 15”)	Occasionally	Ability to perform a donut roll. Agility and flexibility while working in a bent or crouched position and while winded.	

8	AIR TANK ON: Kneel on ground. Pick 16-ft. roof ladder. Carry 50 ft. Elevate, position, and lower to ground. Return 50 ft to original position	Various ladders Proper lifting techniques	Proper lifting and carrying technique. Proper ladder raise technique.	
9	AIR TANK ON: Extend 35 ft. mounted extension ladder to a fully extended position. Lock in place. Release lock and lower. *must remain in marked area	Various ladders	Upper body strength needed to extend and retract ground ladders with appropriate amount of control. Ability to lock and unlock Pawl devices for safe climbing.	
10	AIR TANK ON: Lift and secure a 70-lb. apartment hose bundle w/ bag from ground, transport up 3 flights of stairs and place on ground. *bundle=100' 1-3/4" hose **Bag= 2-1/2" hose w/wye and wedge	Access and transport	Lift/carry/climb with apartment hose pack. Typical in multi-occupancy. Stability in climbing stairs while under a load. Stability while descending stairs with fatigued legs.	
11	AIR TANK ON: Swinging a 10-lb. move metal weight (on Kaiser Sled) a total of 24".	Breaking through roof for fire rescue.	Proper swinging technique. Proper control of the tool throughout the swinging motion. Upper body strength necessary for use of striking or cutting tools.	
12	AIR TANK ON: Using a 6-lb. pike pole from hook on ceiling breach prop, perform 50 uninterrupted push/pull actions with hands <b>at or above shoulder level.</b> *Must remain within marked area	Occasionally tear down of ceiling	Upper body strength and agility during prolonged work at or above shoulders. Strength and agility during push/pull repetitive movement common in overhaul of fires.	
<b><u>POST-TEST</u></b>				
13	Blood Pressure and Pulse: Any Pressure with systolic over 200 and a greater than 10% increase in diastolic will warrant an encouragement to see a doctor.	Post-Test BP:  /  Post-Test HR: _____	Safe range for exercise and exertion	
14	Blood Pressure and Pulse: Any Pressure with systolic over 200 and a greater than 10% increase in diastolic will warrant an encouragement to see a doctor.	10 Minute Post Test BP:  /  10 Minute Post-Test HR:	Safe range for exercise and acceptable recovery time in emergency situation.	

Administrator Signature: \_\_\_\_\_

Candidate Initials: \_\_\_\_\_