

# TASK PERFORMANCE TEST DESCRIPTION

*The job of Firefighter is physically demanding. Firefighters must be in good physical condition - both at the time of hire and throughout their career. To measure physical readiness, Park City Fire Service District has developed a validated Task Performance Test (TPT). To be considered for hire, applicants must demonstrate their ability to meet this minimum standard by successfully completing the TPT in 4:04 or less. The following is a brief description of the TPT.*

## **ATTIRE**

Applicant shall wear turnout coat, helmet, SCBA (without the face piece), work gloves, athletic shoes, and jeans or sweat pants. Shorts will not be allowed. Applicant will use District-provided equipment. Applicant may opt to use their own "work gloves" (subject to approval). A test administrator will inspect and insure that all applicants are properly attired and have equipment that fits and is properly adjusted.

Applicant will wear an SCBA (fully charged, without face piece) that has been weighted to approximate the full weight of the standard firefighter protective ensemble. (e.g., turnouts, helmet, boots, and SCBA).

## **PRE-TEST**

At the time of check-in, applicant must provide a signed medical clearance form from their physician along with a signed hold-harmless agreement.

Baseline vitals shall be taken prior to test administration. If the applicant's vitals do not meet established requirements (BP <160/100, Pulse<120), after 4 separate readings 5 minutes apart, applicant may not be allowed to proceed. This will constitute an unsuccessful TPT.

## **DURING TESTING:**

If at any time the CFC feels as though the applicant is struggling and/or is in danger, the test may be stopped.

## **TASK DESCRIPTION**

1. **Ladder Dismount and Carry** - Applicant walks forward from the start line 6 feet to the supports for the external stairwell where the ladder is hanging on two brackets. Upon reaching the ladder, applicant grasps the 24' single fly aluminum ladder (72.5 lbs.) with both hands and removes it from the brackets (the midpoint of the ladder's bottom edge will be at 62" in height). Subject moves left maintaining control of the ladder such that no part of the ladder touches the ground; subject walks 21' 6" and places the ladder on edge on the ground mark that is 24" from the wall and at the midpoint of the doorway. Once the ladder is on its edge on the ground, the applicant will push the top edge toward the building so that the falls toward the building and lands flat. Once the applicant pushes the ladder, applicant will turn left and walk to the hydrant valve & boot bag carry task.

(Note - If any part of the ladder touches the ground at any time, the applicant must place the entire ladder on a side edge on the ground, re-grasp the ladder and then lift it such that both edges remain off the ground and control is maintained. Two such touches and re-grasps are permitted. On the third touch, the applicant will not be permitted to complete the course (disqualified).)

2. **LDH and Hydrant Bag Carry** - Applicant walks 78 feet from the ladder to the LDH tray. Applicant grasps the LDH coupling and picks up the end of 100 feet of 5” inch hose with one hand and, at the same time with the other hand, using a good biomechanical lifting technique, picks up a 40-pound kettle bell, which simulates a tool bag. Carrying both items, applicant then walks a distance of 100 feet and lays both items on the ground just across the task finish line. Applicant then walks to charged line advance task. Running is not allowed during this task, but fast walking is.
3. **Charged Line Advance** - Applicant walks about 27 feet from the end of the LDH task to the nozzle end of an S-laid, charged 1¾-inch attack line. Applicant grabs the nozzle, lifts the hose and drags it (walking or jogging) 90 feet using an over-the-shoulder grip. Once the hose nozzle crosses the task finish line, applicant drops the hose and moves to Task 4, the Stair Climb.
4. **Stair Climb** - Applicant walks from the end of the charged line advance about 67 feet to the bottom of the external stairway on the training building, picks up a 50-lb. hose pack at the bottom and proceeds up the stairs. Applicant will climb to the top landing, turn around and descend back to the middle landing, turn around again and climb to the top landing a second time placing both feet on the landing. Applicant then descends the stairs to the bottom, drops the hose pack and moves to the crawl task.

(Note: When climbing the stairs, applicant may skip stairs and may use the railing. However, when descending the stairs, applicant must hit every stair and use at least one railing. Applicant must place both feet on the top landing both times applicant climbs to it.)

5. **Crawl Task** - From the bottom of the stairway, applicant walks forward about 5 feet to the crawl task start line. Applicant drops to all fours and crawls forward through the out-and-back course. From the start line, applicant crawls 9 feet to a barrier, proceeds *under* the barrier, continues crawling 17 feet forward to a traffic cone, executes a 180° turn and crawls back the way he/she came this time climbing *over* the barrier. After surmounting the barrier, applicant crawls 9-feet to the task finish line. Total crawl distance is 52 feet. When the applicant’s hands cross the finish line, applicant stands and walks to the Victim Rescue task.
6. **Victim Rescue** - From the crawl task applicant walks about 36 feet approaching the 184-pound rescue mannequin (175-pound mannequin with approximately nine pounds of turnout gear for a total of approximately 184 pounds) from the head end. The applicant must drag the mannequin by walking backward while gripping the drag handles (the drag handles are a triceps extension rope). The applicant must grasp the handles with both hands (one in each hand). Applicant lifts the mannequin's upper torso off of the ground and then drags the mannequin backward. The upper body of the mannequin does not have to be lifted fully off the ground during the pull, as this depends on the applicant’s height and arm length. Applicant drags the mannequin backward 50 feet to a barrel, drags the mannequin about the barrel (executing a 180° turn) and then drags the mannequin 50 feet back to the start/finish line continuing the drag until the mannequin’s feet cross the end line. Once the mannequin’s feet are across the line, the test ends.

(Note: Applicant must maintain grip of one rope handle in each hand throughout the rearward drag. If the applicant loses grip on one of the handles, the applicant must stop, regain a grip on the handle and continue the two-handed, backward drag. Applicant must walk backward and not turn sideways to drag the mannequin.)