



Matlacha/Pine Island Fire Control District

5700 Pine Island Road, Bokeelia, FL 33922
Phone: 239-283-0030 Fax: 239-283-3313

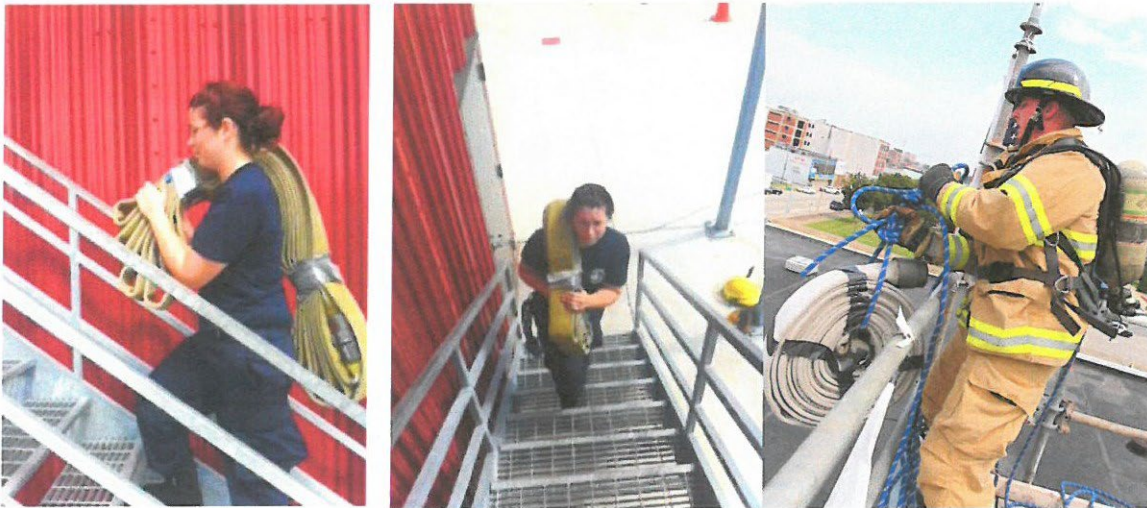
Physical Abilities Test

This physical evaluation is designed to evaluate an Applicant's ability to perform basic firefighter functions by utilizing exercises that simulate firefighter functions. This evaluation is designed to be completed by an Applicant in a continuous fashion without breaks or rest between stages. This physical evaluation is graded on a Pass/Fail system and no points are awarded for completion times. Completion times will however be recorded. **Applicants must complete ALL stages within 7 minutes to pass the evaluation.** All exercises should be performed utilizing proper body mechanics and personal safety. All exercises will be performed wearing a fire helmet and fire gloves.

Stage One:

Applicants will shoulder a 100 ft. section of 2 ½ hose bundle utilizing proper lifting techniques and ascend to the top of the fire tower. The Applicants are required to utilize every step while ascending and descending the fire tower. Once applicant reaches the top floor of training tower, applicant will sit down 100 ft section of 2 ½ hose. Applicant will then raise and lower a rolled 2 ½ section of hose in a controlled hand over hand technique. Applicant will then shoulder the 100 ft. section of 2 ½ hose and descend to ground level of training tower.

This completes stage one, the applicant will then precede to Stage Two without a rest period.



MATLACHA PINE ISLAND FIRE CONTROL DISTRICT-Physical Abilities Test

Stage Two:

The Applicant will utilize the Keiser Sled and move an I-beam with a rubber coated sledge hammer to the other side of the sled. (Applicants are not allowed to drag or pull the I-beam with the hammer).

This completes Stage Two, the Applicant will then proceed to Stage Three without a rest period.



Stage Three:

The Applicant will drag a charged 100 ft. 1 ¾ hose line 50 feet then spray down a cone that is 20 feet away using the 1 ¾ hose line.

This completes Stage Three, the Applicant will then proceed to Stage Four without a rest period.



MATLACHA PINE ISLAND FIRE CONTROL DISTRICT-Physical Abilities Test

Stage Four:

The Applicant will drag a 165-185 lbs. manikin 75 feet. The manikin's feet must completely pass the cones for time to stop. The Applicant may use variety of dragging techniques but none may compromise proper body lifting techniques or jeopardize safety.

This completes Stage Four and completes the Evaluation.

