



MONTGOMERY COUNTY ESD 9
16723 FM 2090 Conroe, Texas 77306
Phone # 936-231-3527
Email: admin.mcesd9@mcesd9.org



Physical Ability Test

Purpose:

The Physical Ability Test (PAT) is designed to evaluate the candidate's natural or acquired talent, ability, and capacity for satisfactorily performing the functions of a Firefighter. This test does not discriminate against individuals based on sex, age, race, religion, or national origin. It is specifically planned to evaluate the candidate's ability to perform the following tasks which have been identified based on both importance and frequency to be critical to the job of a Firefighter:

- 24' Ladder Climb
- Hose Drag
- Equipment Carry
- Forcible Entry Simulator (Keiser Sled)
- Rescue

Physical Ability Test:

- Passing of the PAT: In order to pass the PAT, a candidate must successfully complete all tasks. If a candidate fails any one task, he/she will **NOT** be allowed to proceed through the remaining tasks. A candidate passing all tasks will continue to the next step in the hiring process.
- Pre-Test Screening: Participants will have their blood pressure and pulse rate taken prior to beginning the PAT. Norms for resting blood pressure and pulse rate have been established as:
 - Blood pressure must be no greater than 160 systolic and 100 diastolic. Resting pulse rate must be no greater than 110 beats per minute.
 - If a participant's blood pressure and/or pulse rate are determined to be over the accepted norms, he/she will be given the opportunity for a recheck after 10 minutes. The lowest reading will be utilized.
 - Participants who do not meet the norms of blood pressure and pulse rate will **NOT** be allowed to test.



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- Clothing and PPE: Candidates will perform the entire PAT utilizing athletic type clothing, shoes, Self-Contained Breathing Apparatus (SCBA), fire helmet, and fire gloves. SCBA, Fire helmet, and fire gloves will be provided by MCESD 9.

Testing Procedures:

- Test proctor or designee will obtain participants resting blood pressure and heart rate.
- Participant will don required PAT PPE.
- Tests will begin when the candidate touches the ladder.
- The examiner will keep an overall time from the start of the ladder evolution to the end of the rescue evolution.
- Candidate's information and times will be documented on the Physical Ability Test Form.
- Test proctor will obtain participants post test blood pressure and heart rate.

Instructions given by Proctor: Before each task, the examiner will give instructions concerning that task. Candidates will be expected to listen to those instructions and ask questions if they are not clear. Candidates will be instructed to demonstrate the task to the instructor prior to the beginning of the PAT.

TASKS:

Tasks will be performed in the following order and with only the specified rest period.

Ladder Climb

- Equipment Required: 24ft. Extension Ladder
- Description: The examination will begin with a fully extended 24' extension ladder placed against a building and anchored at the bottom to prevent kickout of the ladder. A successful ladder climb shall consist of the candidate starting on the ground and climbing the ladder, touching the top rung, and descending back to the ground, with both feet on the ground before starting the next climb. The candidate will ascend and descend the 24' ladder 4 times to complete a 100-foot climb.



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Hose Drag

- Equipment Required: 200 feet of 1' 3/4" un-charged hose placed in predetermined area to allow 150 feet of travel distance.
- Description: The test will begin with 1 3/4" hose on the ground. The Candidate will grasp the nozzle in an over the shoulder fashion and advance the hose line to the designated drum. The candidate will make a 90° turn at the drum and continue to advance the line and additional 50 feet to the designated mark. The test will be concluded when the Candidate reaches the designated mark 50 feet past the drum. The candidate will not be permitted to drop the hose line once the test has begun.

Equipment Carry

- Equipment Required: Two 35 lb. dumbbells.
- Description: Candidates will pick up and carry each of the dumbbells at the same time and carry them 75 feet around the cone and return the dumbbells to the starting point. Candidates should not run during this evolution. Candidates may be allowed to set the dumbbells down and readjust their grip, if necessary, with no penalty.

Forcible Entry Simulator

- Equipment Required: Keiser Sled and rubber dead-blow sledgehammer.
- Description: Candidates will strike the weight with a sledgehammer and continue until the weight's leading edge reaches the end of the sled track.

Rescue

- Equipment Required: 165-pound Rescue Randy Mannequin.
- Description: During this event, the candidate grasps a 165-pound mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drags it 50 feet to a pre-positioned point, make a 180° turn around the point, and continues an additional 50 feet to the finish line. Time will stop once the mannequin has crossed the finish line.



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Physical Ability Test Form

Last Name: _____

First Name: _____

Time: _____ B/P: ____/____ HR: _____

Time: _____ B/P: ____/____ HR: _____

Blood pressure must be no greater than **160 systolic** and **100 diastolic**. Resting pulse must be no greater than **110 beats per minute**. See *Pre-Test Screening Procedures*.

National Fire Protection Association. (2025). *NFPA 1580: Standard for emergency responder occupational health and wellness* (2025 ed.). National Fire Protection Association. (nfpa.org)

Job Function	Complete	Incomplete
Ladder Climb		
Hose Drag		
Equipment Carry		
Ventilation Simulator		
Rescue		
Total Time:		

Comments:

Proctor: _____

Date: _____