



Municipality of Anchorage Fire Department 2020 Firefighter Candidate Fitness Form



Firefighter Applicant Name: _____

Candidate Number: _____

The Physical Ability Test is a strenuous test!

The Firefighter Applicant listed above must complete eleven continuously timed stations/tasks within 8 minutes and 27 seconds, wearing full turnouts (jacket, pants, gloves, and helmet) that weigh approximately 30 pounds and carrying (on their back) an air-pack weighing approximately 30 pounds.

The eleven continuously timed stations/tasks are:

Event 1: Dry Hose Deployment

Applicant advances pre-connected 1.75-inch dry hose line for 120 feet. Each 50-foot section weighs 11 pounds, for a total of 33 pounds of dry weight. This event simulates extending a dry offensive hose line from an apparatus to a fire scene for fire fighting operations.

Event 2: Charged Hose Deployment

Applicant advances pre-connected 1.75-inch charged hose line for 70 feet. Each 50-foot section weighs approximately 38 pounds, for a total of 76 pounds of total weight. This event simulates extending a charged offensive hose line to the seat of a fire for fire fighting operations.

Event 3: Halyard Raise

Applicant raises and lowers the fly section of a 24-ft aluminum extension ladder with a halyard. The pull resistance of the ladder is approximately 26 pounds. This event simulates raising and lowering the fly of a 24-foot aluminum extension ladder in order to access higher floors for rescue, ventilation, and other fire fighting operations.

Event 4: Roof Walk

Applicant ascends and descends an 11-foot distance walking/crawling on the rungs of a 14-foot roof ladder while carrying a simulated 18-pound chain saw. This event simulates walking on a roof ladder with the appropriate equipment in order to perform ventilation operations.

Event 5: Attic Crawl

Applicant crawls a distance of 20 feet across a simulated attic area while carrying a simulated flashlight in his/her hands. This event simulates walking/crawling on joists in an attic to search for the extension of a fire.

Event 6: Roof Ventilation

Applicant stands on a pitched rooftop and strikes the roof 30 times with a 14-pound sledge hammer. This event simulates making a ventilation opening in a roof with an axe or sledge hammer in order to ventilate a fire.

Event 7: Victim Removal

Applicant carries or drags a 165 pound dummy for 18 feet. This event simulates removing an injured or unconscious victim from a hazardous area.



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Firefighter Candidate Fitness Form Cont.

Event 8: Ladder Removal/Carry

Applicant removes a 24-foot aluminum extension ladder from mounted hooks, carries the ladder 54 feet around a diamond shaped course, and replaces the ladder to the mounted hooks. The weight of the ladder is between 68-70 pounds. This event simulates removing an extension ladder from an apparatus, carrying it to the site of use, and replacing it to the apparatus.

Event 9: Stair Climb with Hose

Applicant climbs five flights of stairs with a 40-pound hose bundle and places the bundle on the landing of the fifth floor. This event simulates climbing stairs with a hose bundle in order to fight fires in multiple-story buildings.

Event 10: Crawling Search/Stair Descent

Applicant crawls on the platform of the fifth floor for a distance of 60 feet. Applicant places the hose bundle on his/her shoulder and takes it back down the five flights of stairs. Applicant places bundle down at the bottom floor. This event simulates crawling while conducting search and rescue, hose deployment, or attic operations in a burning structure.

Event 11: Stair Climb with Equipment/Hose Hoist

Applicant picks up two air bottles (with a shoulder strap), places air bottles over his/her shoulder, and returns up the stairs to the third floor. On the third floor the Applicant places the air bottles on the floor and hoists a 100-foot section of an extended hose line up and over the balcony rail. The Applicant then picks up the air bottles and returns to the ground floor to end the test. This event simulates hoisting an extended hose line and carrying equipment in a multiple story building to facilitate fire fighting operations.

Firefighter Applicant _____ is able to perform the physical agility test as described on this form with or without an accommodation. If a reasonable accommodation is required, please state the accommodation necessary: _____

Signature of Examining _____

Physician/Physicians Assistant/Nurse Practitioner: _____

Medical provider's Name (Print): _____

Name of Practice: _____

Date of Exam: _____

Address: _____

City, state, zip code: _____

Phone number: _____

Date form completed: _____

Please place medical office stamp here.