



# Travis County ESD #9

Westlake Fire Department

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Hiring Process Applicants,

Below are the details on the Physical Ability Testing for Travis County ESD No. 9 (Westlake Fire Department).

**The Physical Agility Test will be held at 1295 S. Capital of Texas Hwy (Fire Station 902), West Lake Hills, Texas 78746 on March 25, 2017 and will begin at 9:00 a.m. Candidates will be given a start time once all written exam materials have been graded. You must pass the written exam to move on to the physical ability test.**

The information below has been developed to introduce you to the Westlake Fire Department's Physical Ability Test. The test consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter.

The selection process for firefighters is very competitive. Although you are not required to read or use this information, we encourage you to do so. The more prepared you are, the more likely you are to pass the test.

There are eight job-related physical ability test stations; seven that are timed in a continuous series.

The following is an overview of the Physical Ability Test:

1. 3:00 minute box step at a 96 BPM cadence with a 40 pound hose bundle
2. 3" hose drag
3. 3" hose pull
4. Hose/ Appliance Connection
5. Charged Hose Line Advance
6. Keiser Sled
7. 14' Roof Ladder Carry, Placement, and Climbing angle
8. Victim Rescue (dummy drag)

For all components of the Physical Ability Test applicants must wear a provided self-contained breathing apparatus equipped with a full forty five minute cylinder, excluding the face piece. Applicants must wear a provided structural firefighting coat, structural firefighting helmet, and structural firefighting gloves. You may bring your own NFPA approved equipment to use. However, the testing authority reserves the right to inspect all equipment, and to disallow equipment, to ensure that its use does not affect the fair and impartial administration of the Physical Ability Test.

Applicants are strongly encouraged to wear athletic shoes (open-toed shoes are not allowed) and shorts. You will be performing physical acts that demonstrate strength, agility, and endurance, and it is important to be outfitted in attire that does not hinder your performance. During the Physical Ability Test, you may get dirty from crawling or maneuvering through the exercises and/or wet. Plan your dress accordingly.

All seven Physical Ability Test stations will be timed in a series, with the first station (the box steps) timed separately. The test has a cutoff time of five minutes; failure to complete the Physical Ability Test in the allotted time will result in disqualification.

Running during most of the Physical Ability Test will be allowed while remaining safe; running during the ladder carry is prohibited.

Before an applicant starts the Physical Ability Test a testing monitor will “walk” the applicant through the course and review rules, expectations and answer any questions. Questions will not be answered while you are testing.

To ensure all applicants complete the stations in the same order, testing monitors will guide each applicant to the appropriate station through the process.

The testing monitor will be there to issue warnings to the applicant if a mistake is made, and the applicant must make the appropriate correction. If three warnings are accumulated throughout the eight stations the applicant will be disqualified. If the applicant cannot complete one of the stations they will be disqualified.

#### **Station 1 – 3:00 Minute Box Step**

1. The applicant will pick up a 40 pound hose bundle and stand in front of the box.
2. The applicant will step up on to the box then back down at a 96 beat per minute cadence.
3. The test continues for 3:00 minutes (this is not included in the applicant's overall time).
4. The applicant must keep the 96 BPM pace or they will be issued a warning by the testing monitor.
5. \* Disqualifications / Warnings: If the applicant receives three warnings or is unable to continue before the 3:00 minute time concludes that applicant will be disqualified. If the applicant drops the bundle they will be disqualified.

#### **Station 2 – Hose Drag (Time will begin at this station)**

1. The applicant will advance an uncharged 3" supply hose line approximately 140' to a designated location.
2. The testing monitor will inform the applicant when designated length is achieved.
3. \* Disqualification: If the applicant is unable to drag the length required.

**Station 3 – Hose Pull**

1. The applicant will pull an uncharged 3" supply hose line approximately 50' past a designated location while staying in a 40" x 48" designated area.
2. The applicant must stay within the designated area while pulling.
3. The testing monitor will inform the applicant when designated length is achieved.
4. \* Disqualifications / Warnings: If the applicant is unable to stay within the designated area a warning will be issued. If the hose cannot be pulled the required distance the applicant will be disqualified.

**Station 4 – Hose Connection**

1. The applicant will need to connect two sections of hose with the appliances provided.
2. The hose will not be of the same size.
3. \* Disqualifications / Warnings: If the applicant is unable to connect the two hoses in an approved fire service connection the applicant will be disqualified.

**Station 5 - Charged Hose Line Advance**

1. The applicant will advance a charged 1 ½" hose line to a designated location then open the nozzle.
2. The total length will be approximately 50'.
3. \* Disqualifications / Warnings: If the applicant is unable to advance the line to the designed location or cannot control the line while discharging water the applicant will be disqualified.

**Station 6 – Keiser Sled**

1. The applicant will hit the Keiser Sled the designated length.
2. The testing monitor will inform the applicant when designated length is achieved.
3. \* Disqualifications / Warnings: If the applicant is unable to hit the Keiser Sled to the appropriate length the applicant will be disqualified.

**Station 7 - 14' Roof Ladder Carry, Placement**

1. The applicant will pick up the ladder and carry it approximately 70' to a designated area.
2. The applicant will set the ladder at an appropriate climbing angle.
3. \* Disqualifications / Warnings: If the applicant runs while carrying the ladder or allows the ladder to strike the ground while walking, the applicant will be given a warning.

**Station 8 - Victim Rescue (dummy drag)**

1. The applicant will drag an approximately 160 pound "dummy" representing a human approximately 50'.
2. The testing time ends when the applicant and the "dummy" clear the finish line.
3. \* Disqualifications / Warnings: If the applicant is unable to drag the dummy across the designated distance the applicant will be disqualified.

The applicant is required to complete the Physical Ability Test within 5:00 minutes or less. The Physical Ability Test is a pass or fail test; it is not in the applicant's best interest to put speed over following instructions and being efficient.

Applicants that pass the Physical Ability Test will be contacted by a member of the Department to discuss the next steps in the Hiring Process.

Please call us at 512-539-FIRE (3473) or e-mail us at [careers@westlakefd.org](mailto:careers@westlakefd.org) if you have any questions. Good luck to all the applicants and I look forward to meeting you soon.

**Mike Elliott, Fire Chief, Westlake Fire Department**