



# Travis County ESD No. 9

## Westlake Fire Department

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To: Firefighter Hiring Process Applicants

Date: October 16, 2024

Subject: Physical Ability Testing Information

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The Physical Ability Test will be held at 1295 S. Capital of Texas Hwy (Fire Station 902), West Lake Hills, Texas 78746 on **November 22, 2024**, and will begin at 9:00 a.m. An **orientation** will be held after the written exam on **November 15, 2024, and November 16, 2024**, at 1295 S. Capital of Texas Hwy (Fire Station 902). During the orientation, candidates can view the course, ask questions, and will be allowed to complete the course. If you successfully pass the course in the allotted time, you will not need to attend the November 22<sup>nd</sup> testing date. There is no penalty for not successfully completing the course in the allotted time during the orientation.

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.

There are eight job related physical ability test stations that are timed in a continuous series. The following is an overview of the Physical Ability Test:

1. Box steps with a 40-pound hose bundle
2. Confined space crawl
3. Victim Rescue (dummy drag)
4. Ceiling pull
5. Charged Hose Line Advance
6. Equipment carry
7. Forcible entry side breach
8. Hose/ appliance Connection

Applicants must wear a provided self-contained breathing apparatus equipped with a full forty-five-minute cylinder, excluding the face piece, for all components of the Physical Ability Test. 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 eight Physical Ability Test stations will be timed in a series. The applicant will complete these eight stations three consecutive times. The end of the test will conclude after the appliance station is conducted. The test has a cutoff time of nine minutes and fifteen seconds and failure to complete the Physical Ability Test in the allowed time will result in disqualification from the process. Running during the Physical Ability Test will not be allowed.

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 total 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- 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.
3. The test continues for 20 repetitions.
4. \* Disqualification: If the applicant is unable to complete the number of steps required or if the applicant drops the bundle while stepping.

#### **Station 2- Confined Space Crawl**

1. The applicant will crawl through an 8-foot confined space prop.
2. The testing monitor will inform the applicant when designated length is achieved.
3. \*Disqualification: If the applicant is unable to crawl the length required.

#### **Station 3- Victim Rescue (dummy drag)**

1. The applicant will drag an approximately 160 pound “dummy” representing a human.
2. This will be a backwards under the arms 20-foot drag
3. \* Disqualifications / Warnings: If the applicant is unable to drag the dummy across the distance designated the applicant will be disqualified.

#### **Station 4 – Ceiling Pull**

1. The applicant will need to simulate pulling ceiling with a pike pole provided for 10 repetitions.
2. This will be an 8 foot pull down with resistance added.
3. \* Disqualifications / Warnings: If the applicant is unable to pull the pike pole the desired distance or complete the number of repetitions.

### **Station 5 - Charged Hose Line Advance**

1. The applicant will advance a charged 1 ¾ hose line to a designated location, then open the nozzle.
2. The total length will be approximately 25’.
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 – Equipment Carry**

1. The applicant will carry two 60-pound props to simulate fire ground equipment the designated length.
2. The total length will be approximately 40’.
3. \* Disqualifications / Warnings: If the applicant is unable to carry the props to the appropriate length the applicant will be disqualified.

### **Station 7 – Forcible Entry Side Breach**

1. The applicant will advance a 60 pound hose roll a designated length by striking it from the side.
2. The applicant will achieve this with a sledgehammer.
3. \* Disqualifications / Warnings: If the applicant is unable to hit the hose roll the appropriate length.

### **Station 8 – Hose/ Appliance Connection**

1. The applicant will 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 as an approved fire service connection the applicant will be disqualified.

The Physical Ability test will need to be completed within 9 minutes 15 seconds (9:15) or less. The Physical Ability 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!