



PHYSICAL ABILITY TEST

MANUAL

Florida SouthWestern State College
& North Collier Fire Training Center

Fire Fighter I/II, Career Certificate

TEST OVERVIEW

The Physical Ability Test (PAT) is conducted to assess the individual's level of physical strength, agility, and aerobic capacity to perform the necessary tasks associated with the Fire Fighter Minimum Standards Program. All Fire Fighter applicants are required to successfully complete the PAT in order to qualify for this program.

PAT ADMINISTRATION & STANDARDS

Candidates must navigate through a series of demanding tasks that simulate on-scene fire ground operations. The test is structured into **five timed events** performed continuously in sequence, and **two untimed compliance events**.

STANDARD	REQUIREMENT & GUIDELINES
Timed Tasks	Five (5) tasks performed in succession while wearing a weighted vest, a hard hat, and gloves (supplied by the Fire Academy).
Total Time Limit	Eight (8) minutes maximum is allotted for completion of the five timed tasks. Attempt is finished if time expires.
Timing Rules	Timing starts when the candidate touches the hose pack to perform Task 1. Timing stops when the candidate completely drags the dummy across the finish line.
Untimed Tasks	Two events must be successfully completed to pass the PAT: a 200-foot confined space maze and a 90-foot ladder climb.
Attempt Policy	Candidates who do not successfully complete the PAT on the first attempt are permitted a second attempt. The second attempt shall begin exactly 30 minutes after the first attempt . Refusal to start at the 30-minute mark results in automatic disqualification.
Running Policy	For safety reasons, no running is allowed at any time during the test.
Malfunctions	Candidates will not be penalized for equipment malfunctions.
Progress Reports	A candidate can request a progress time anytime throughout the test.

ADMINISTRATIVE & SAFETY SUMMARY

Important Safety Notes: Strict safety regulations are enforced. Running is strictly prohibited. The weighted vest, hard hat, and gloves are mandatory equipment supplied by the Academy and must be worn properly during all timed tasks. Be aware that failure to comply with specific task rules or stepping/crossing safety boundaries can lead to immediate disqualification on that attempt.

TIMED PAT TASKS

TIMED TASK | EVENT 1

HIGH-RISE STAIR CLIMB

Objective: Carry a 50 lb hose pack to the fifth floor and descend to the fourth floor.

Instructions: Carry a high-rise hose pack (weighing approximately 50 pounds) on your left shoulder to the fifth floor of the drill tower via the stairwell and proceed out onto the balcony and touch the designated rail. You must then switch the hose pack from your left shoulder to your right shoulder. Descend the stairs to the fourth floor, into the designated room, and drop the hose pack at the spot marked with an "X".

Disqualification Triggers: **Skipping a step** while ascending or descending. The high-rise pack must be on the left shoulder while ascending and on the right shoulder while descending.

Safety / Guidance: *Candidates are strongly encouraged to utilize the handrail for safety reasons. Step on each stair step ascending and descending.*

TIMED TASK | EVENT 2

HOSE ROLL HOIST EXERCISE

Objective: Hoist a 50 foot hose roll from the ground to the fourth-story window.

Instructions: From the fourth (4th) story window, hoist a 50-foot hose roll of three (3) inch hose with couplings (weighing approximately 40 pounds) from the ground below, lift it through a window, and place it on the floor. When the hose roll reaches the windowsill, step onto the platform, walk forward, lift the hose over the windowsill, and place it on the floor.

Disqualification Triggers: Your feet **touching or going over the red line** while standing behind it pulling. You must stand behind and not touch the red line.

Safety / Guidance: *Use the hand-over-hand method to pull the hose roll to the top of the wall. Both feet must be in contact with the platform while pulling the hose roll into the window.*

TIMED TASK | EVENT 3

FORCIBLE ENTRY

Objective: Drive the slide a horizontal distance of five (5) feet using a sledgehammer.

Instructions: Using the Kaiser-Force™ machine and a nine-pound dead-blow sledgehammer, drive the slide a distance of five (5) feet horizontally. Using short, firm strokes, drive the slide until told by the instructor that the task is completed.

Disqualification Triggers: Your hands moving/sliding on the hammer handle (you must grasp with a secure grip). Raising the hammer higher than your head while in the striking position (disqualified on the **third warning**).

Safety / Guidance: *The slide must completely clear the numbered markings (5 feet horizontally) before proceeding to the next task.*

TIMED TASKS & UNTIMED TASKS

TIMED TASK | EVENT 4

HOSE ADVANCE

Objective: Simulate hose advance by dragging a weighted sled for 100 feet.

Instructions: Face the direction of travel and use the end of the rope to drag the sled (set at a difficulty of 2) a distance of 100 feet.

Disqualification Triggers: None specified. The task is complete when the sled completely crosses the designated finish line.

Safety / Guidance: *You must drag the sled 100 feet until the instructor announces the task is complete.*

TIMED TASK | EVENT 5

VICTIM RESCUE EXERCISE

Objective: Drag a sled simulating a 125-pound victim backwards for 100 feet.

Instructions: Grasp the handles of the sled (set at a difficulty of 3, simulating a 125-pound victim) and walk backwards towards the finish line for a distance of 100 feet.

Disqualification Triggers: Failure to walk backwards (you must walk backwards only).

Safety / Guidance: *The task is complete when the sled is completely across the finish line (100 feet).*

UNTIMED TASK | EVENT 6

CONFINED SPACE MAZE

Objective: Navigate on hands and knees through a 200-foot sightless tunnel maze.

Instructions: Get on hands and knees and crawl through the sightless tunnel maze from the entrance to the exit (200 feet), navigating around, over, and under obstacles that are placed at various points. Walk to the next event.

Disqualification Triggers: None. This is an untimed task.

Safety / Guidance: *There is no time limit. Navigate carefully through the tunnel maze and progress to the ladder climb.*

UNTIMED TASK | EVENT 7

LADDER CLIMB

Objective: Climb a 90-foot Aerial ladder raised to a 75-degree angle to touch the top rung.

Instructions: Climb a 90-foot Aerial ladder raised to a 75-degree angle. Walk up the ladder, touching each rung, and using a safety harness to attach and disconnect the harness as needed to safely navigate. Once the top is reached, touch the top rung and descend the ladder in the same manner it was ascended.

Disqualification Triggers: None. This is an untimed compliance task.

Safety / Guidance: *Ensure 100% safety harness compliance as instructed. Touch every single rung ascending and descending.*