

City of Austin – Fire Department

Physical Fitness and Dexterity Evaluation

The physical fitness and dexterity evaluation is designed to measure endurance, strength, flexibility, balance, agility, speed and cardiovascular endurance.

The exam consists of six stations. Candidates will wear a turnout coat, gloves, firefighting helmet, and air pack without mask. The physical agility test must be completed within **seven minutes**.

Extension ladder raise

The candidate must fully extend a two-section 24-foot extension ladder using a hand over hand method. When the ladder is in the extended position, he/she will climb the ladder and touch the top rung. After climbing down the ladder, he/she will lower the fly section and again extend the fly to the full-extended position and then lower the fly to the starting position. If the ladder falls to the starting position in a free fall the candidate fails the physical exam.

Hydrant evolution

The candidate will turn the hydrant lug seventeen complete revolutions in a counter-clockwise direction while standing within a 40 square inch area.

Hose drag

The candidate will shoulder a hose bundle (100 feet, 2-inch hose with nozzle) connected to three sections of 2.5-inch hose and drag it a distance of 150 feet.

Ladder carry

The candidate will pick up a 16-foot roof ladder from the ground and raise it along the fire station. He/she will then lower the ladder and return it to its original location.

Chopping evolution

Using the On Target Combat Challenge Chopping Simulator the candidate will pound the sled the entire distance of the slide.

Dummy drag

The candidate will drag the 165 pound dummy a distance of 120 feet while moving in a backward direction.

Upon completing the dummy drag, the candidate will return to the hydrant evolution and close the hydrant. The time will stop upon closure of the hydrant.

This portion of the evaluation is not timed and is not included with the above items

Ladder climb

With the 100 ft. aerial ladder truck fully extended, at a 75-degree angle, the candidate will start on the turntable and climb until the candidate touches the top rung of the ladder. No breaks are allowed while ascending or descending the ladder; however, candidates will be allowed a brief, 30-second pause after touching the top rung, to enjoy the view. If the candidate stops and takes any other break while ascending or descending, it will be considered a failure on this portion of the test. Candidates will wear gloves, firefighting helmet, and a safety harness.

Claustrophobia test

The candidate will crawl in a darkened room while maintaining contact with the wall with their left hand and find a mannequin. There will be no obstruction on the wall to search around. Upon finding the mannequin, the candidate will turn around and place their right hand on the wall and return to the door and announce to the proctor that they have completed this portion of the test. Candidates will wear a blocked out SCBA facepiece, firefighting helmet, and gloves.