

Hiring Physical Assessment Testing (HPAT) for New Applicants - (FIRE DEPT.)

- HPAT shall be performed for candidates who have passed the Civil Service written examination.
- Testing will be conducted at a designated location by the Fire Chief or their designee. Applicants will wear:
 - athletic clothing and shoes
 - a provided weighted vest with 50 pounds of weight distributed to simulate firefighting gear and SCBA
 - a provided helmet
 - a provided pair of gloves
- To be considered for employment, applicants must pass all parts of the HPAT in a continuous manner in the maximum allowable time of five minutes and 28 seconds (5:28) or less.

Testing Stations

Station #1 - Hose Drag

Applicant will drag a simulated, charged hose line for ninety (90) feet. The simulator will consist of ten (10) feet of uncharged hose line linked to a weighted sled box. The box will contain approximately ninety-five (95) pounds of weight to simulate the weight of three (3) sections of charged 1 ¾-inch hose line and the associated force/weight of friction on an asphalt surface (a total pull force of 65 pounds). Applicant will drag the simulator for ninety (90) feet until both feet cross over the target line.

Station #2 - Hose Pull

After completing Station #1, the proctor will lead applicant to a marked square measuring five (5) feet by five (5) feet. The proctor will place the end of a fifty-foot (50) section of uncharged hose line just inside the marked square. Applicant will reel in the same simulator that they dragged in Station #1 while remaining inside the marked square at all times. The exercise will end once all fifty (50) feet of hose line have been reeled in and the leading edge of the hose box crosses over the front edge of the marked box. Applicant may use any method to reel the hose line in as long as the applicant remains inside the marked square and does not become entangled in the hose line.

Station #3 - Ladder Heel

Applicant will raise a twenty-four (24) foot extension ladder by “walking it up” using a hand-over-hand technique. Applicant will then lower the ladder in the reverse manner. The heel of the ladder will be anchored to the ground using a pivot system that will secure the ladder in place. Applicant must “walk” the ladder all the way to a

vertical position and all the way back down to the ground using the rungs of the ladder. Applicant must not drop the ladder or grasp the rails of the ladder at any time during the exercise.

Station #4 - Forcible Entry

This activity simulates forcible entry scenarios on the fire ground, such as penetrating a locked door. Applicant will use a ten (10) pound sledgehammer to strike a “sled target” located three (3) feet off the ground. Applicant will strike the target a number of times necessary to move the sled twelve (12) inches. Applicant must remain on the designated platform at all times while completing this station.

Station #5 - Equipment Carry

Applicant will dismount a simulated gas-powered positive pressure ventilation (PPV) fan weighing approximately forty-five (45) pounds from a mounting platform, carry the fan to a cone marking fifty (50) feet, circle the cone, walk fifty (50) feet back to the mounting platform, and remount the fan onto the platform. The fan must be carried at all times while the applicant is moving but may be set down at any time to allow the applicant to rest. The fan must be completely remounted within the compartment to complete this station.

Station #6 - Stair Climb

Applicant will climb up and back down a set of stairs equivalent to two (2) conventional flights of stairs or stories. Applicant will carry a “high-rise pack” containing two (2) sections of bundled 1 ¾-inch hose weighing approximately forty-two (42) pounds. The stair prop consists of a platform supported by two (2) sets of four (4) stairs with railings on both sides that may be used for support.

- Applicant will be required to complete seven (7) repetitions in order to complete this station. A single repetition involves climbing up the four (4) stairs and then climbing down the other side of the simulator. The hose pack may be carried in any manner that is comfortable but must be carried without dragging at all times. No skipping of stairs will be permitted. Should a stair be skipped, the proctor will require the applicant to go back and step on the skipped stair to complete the repetition.

Station #7 - Dummy Drag

Applicant will drag a fully clothed human-form dummy weighing one hundred sixty-five (165) pounds. Applicant will drag the dummy twenty-five (25) feet, circle a weighted barrel, and return twenty-five (25) feet to cross the starting point. To complete this station, both applicant and dummy must completely cross the finish line.

Applicant will drag the dummy using only the attached harness. Dragging

the dummy by any limb, lifting under the dummy's arms, holding onto the dummy's clothing, or carrying the dummy are not acceptable methods of completing this station.

Station #8 - Breach and Pull

Applicant will demonstrate the physical ability to breach and pull a ceiling with a pike pole by performing breach and pull motions using a ceiling simulator. Applicant will position a pike pole in a target diamond on the breach portion of the simulator and, pushing against sixty (60) pounds of resistance, completely open the breach side hatch door. Applicant will perform three (3) consecutive push repetitions.

Applicant will hook the pike pole into the metal ring on the simulator and pull with eighty (80) pounds of force to pull the hatch door completely down. Applicant will perform five (5) consecutive pull repetitions.

One set of three (3) push repetitions followed by five (5) pull repetitions will constitute one push/pull cycle. Applicant will complete four (4) cycles. The proctor will count out loud repetitions and provide instructions to ensure compliance. This station involves a highly specific simulator. It is recommended that applicants closely observe the operation of this simulator prior to beginning the test.

Scoring

The HPAT is a timed test. Any candidate that completes the course in 5 minutes and 28 seconds (5:28) or less will pass this stage of the selection process. There is no advantage in seeking to complete the test in a time significantly lower than 5:28.