



GARLAND

FIREFIGHTER RECRUIT APPLICANT PHYSICAL AGILITY TEST

<i>Each applicant must complete all exercises within allotted time. Failure of any one exercise is grounds for disqualification. This test will be scheduled by the Fire Dept. Late arrival for your assigned appointment time will also result in disqualification.</i>			Max. Time Allowance
Allow 5 - 10 minutes for warm-up exercises or calisthenics.			Min. : Sec.
1.	MILE RUN	Rest Period: 5 minutes	14:15
2.	LADDER CLIMB	Climb a 65 ft. ladder set at 70° angle, touch the top rung, then climb down. Rest period: 3 minutes	2:31
3.	HOSE LIFT	Using a 1" diameter rope, pull a 50 ft. section of 2 1/2 inch hose (rolled) vertically 33 feet, hand-over-hand, without stopping. Rest period: 3 minutes	:36
4.	CHARGED HOSE ADVANCE	Pull a 50 ft. section of (water filled) 2 1/2" hose back past the discharge point. (Note: A 100 ft. hose, with nozzle, will be used for this exercise). Rest period: 3 minutes	:49
5.	EQUIPMENT CARRY	Carry a 50 ft. section of empty 2 1/2" hose, with nozzle, up and back down 54 stair steps. Rest period: 3 minutes	1:29
6.	LADDER REMOVAL AND REPLACEMENT	Remove a 24 ft. extension ladder (75 lb.) from a rack that is 6 feet 3 inches tall, place ladder on the ground, then place the ladder back on the same rack. Rest period: 3 minutes	:20
7.	BODY CARRY	Run 75 ft. to a 168 lb. dummy, drag or carry dummy back 75 ft. and place on a flat surface as provided. Rest period: 3 Minutes	:55
8.	HOSE LOADING	Load ten sections of rolled (empty) 2 1/2 inch hose onto a 5 ft. raised platform. Rest period: N/A Test complete.	1:09

Visit www.garlandfire.com in Career Opportunities to view a video about Agility Test information.

PHYSICAL REQUIREMENTS AND WORKING CONDITIONS *FIREFIGHTER RECRUIT AND FIREFIGHTER*

Physical Requirements:

Climb ladders up to 75 ft, monthly; lift, carry, drag objects (hoses, ladders, gurneys, assorted equipment) up to 175 lbs, daily; required to walk, stoop and bend each time a fire alarm is responded to; work in confined spaces such as rescue from wrecked automobiles, underground excavations, structure collapse, etc.; sufficient hearing to listen for victims at fire and accident scenes and for communication with other firefighters and to understand spoken communication and radio messages; sufficient corrected vision to read standard print (20/100 uncorrected, both eyes); ability to read, write and speak the English language sufficient to pass the prescribed Civil Service entrance examination.

Working Conditions: Exposed to hazardous chemicals, harsh weather and irregular terrain, poor or no lighting, fire and smoke, extreme temperatures, high voltage electrical lines and devices.

WORK SCHEDULE: Ability and willingness to work a shift schedule (24 hours on duty, followed by 48 hours off duty) or a 40-hour work week with an 8:00a.m. – 5:00p.m. schedule

For questions about becoming a Firefighter Recruit, contact the City of Garland Fire Dept: 972-781-7149 or visit our website at www.garlandfire.com