

## **Menomonee Falls Fire Department Physical Ability Test**

The Menomonee Falls Fire Department Physical Ability Test consists of an un-timed aerial ladder climb and 7 timed events that are used to determine each candidate's ability to perform simulated fireground tasks. Failure to complete the Aerial Ladder Climb or the seven timed events within 8 minutes is a failure of the entire test.

### **Clothing**

All participants must wear long pants, and footwear with no open heel or toe. A hard hat with chinstrap, work gloves will be provided. Watches and loose or restrictive jewelry are not allowed. A weighted vest (50lbs) is worn during all of the stations to simulate the weight of protective fire fighting equipment.

### **Aerial Ladder Climb (Un-Timed)**

Participants must climb an aerial ladder extended 75 feet above the ground at an angle of 70°. A safety belay line will be strung through the top rung of the ladder and attached to the participant. The proctor will instruct you to ascend ladder and place both hands on the top rung. Keep both hands on the top rung until the proctor instructs you to descend the ladder. Descend the ladder to the bottom.

The Aerial Ladder Climb event is concluded.

### **Failures**

- Not reaching the top of the ladder, placing both hands on the top rung and descending the ladder unassisted.

**The remaining seven stations are timed and must  
be completed within the allotted 8 minutes.**  
**Failure to complete these events within 8 minutes is a failure of the entire test.**

**Menomonee Falls Fire Department  
Physical Ability Test**

**Hose Drag & Pull**

Participants must grasp a nozzle attached to 200 feet of 1-3/4" hose, place the hoseline over their shoulder or across their chest. (8 feet or less) Drag the hose 75 feet to a pre-positioned barrel, turn 90° around the barrel, and continue for 25 feet stopping within the 5 foot x 7-foot box. This is the only station where running is permitted. While staying within the marked box, drop to at least one knee and pull the hoseline until the 50-foot mark on the hoseline crosses the finish line. During the hose pull at least one knee must remain in contact with the ground and you must remain within the marked box.

The Hose Drag & Pull event is concluded. Walk 85 feet within the established walkway to the next event.

**Failures**

- Hose Drag-Failing to go around the drum.
- Hose Drag-Going outside the marked path. (cones)
- Hose Pull-Failing to keep one knee in contact with the ground. (You will receive 1 warning)
- Hose Pull-Failing to remain within the marked box. (You will receive 1 warning)

**Equipment Carry**

You must remove two saws, one at a time from a tool cabinet and place them on the ground. Pick up both saws, one in each hand and carry them while walking a 75-foot path around a drum and back to the tool cabinet. Place the saws on the ground and return the saws one at a time to their original location in the toolbox. While walking, you are permitted to place the saws on the ground to adjust your grip.

The Equipment Carry event is concluded. Walk 85 feet within the established walkway to the next event.

**Failures**

- Dropping either saw to the ground.
- Running (You will receive 1 warning)

**Menomonee Falls Fire Department  
Physical Ability Test**

**Ladder Raise and Extension**

Walk to a 24-foot aluminum extension ladder lying on the ground. Grasp the top rung, lift the ladder from the ground and raise it using each rung in a hand over hand fashion until the ladder is up against the wall. You may not use the ladder rails to raise the ladder. Immediately proceed to the 24-foot aluminum extension ladder fastened to the wall, grasp the halyard rope and raise the fly section of the ladder in hand over hand fashion until it hits the stop. Lower the fly section in a controlled hand over hand fashion to the starting position.

The Ladder Raise and Extension event is concluded. Walk 85 feet within the established walkway to the next event.

**Failures**

- Ladder Raise-Missing a rung. (You will receive 1 warning)
- Ladder Raise-Allowing the ladder fall to the ground
- Ladder Raise-Losing your grip on the ladder causing the safety lanyard to activate.
- Ladder Extension-Stepping outside the marked boundary lines. (You will receive 1 warning)
- Ladder Extension-Not maintaining control over the halyard rope in a hand over hand fashion.
- Ladder Extension-Allowing the halyard to slip in an uncontrolled manner.

**Forcible Entry**

Pick up a 8-pound sledgehammer and strike the end of the sled until the stop line is visible, or you are told to stop. When completed, place the sledgehammer on the ground.

The Forcible Entry event is concluded. Walk 85 feet within the established walkway to the next event.

**Failures**

- Losing control of the sledgehammer while swinging, and releasing it from both hands.

**Menomonee Falls Fire Department  
Physical Ability Test**

**Search**

You will enter an approximately 4-foot wide by 3-foot high tunnel maze that is 64-feet long and navigate through two 90° turns, around, under & over obstacles. You must also crawl through two narrowed areas of the tunnel where the dimensions of the tunnel are reduced. If at any time you choose to end the event, call out or rap sharply on the wall or ceiling of the tunnel to be assisted out of the maze. When you reach the end of the maze, exit the tunnel.

The Search event is concluded. Walk 85 feet within the established walkway to the next event.

**Failures**

- Requesting assistance that requires the opening of an escape hatch, the entrance cover, or exit cover.

**Rescue**

Grasp a 165-pound mannequin by the handle(s) located on the shoulders of the harness. (The use of either one or both handles is permitted.) Drag the Mannequin 35-feet to a pre-positioned drum, make a 180° turn around the drum and continue 35-feet to the finish line. You are not permitted to grasp or rest on the drum. The mannequin is allowed to touch the drum. You are permitted to drop and release the mannequin to adjust your grip. The entire mannequin must be dragged over the finish line.

The Rescue event is concluded. Walk 85 feet within the established walkway to the next event.

**Failures**

- Grasping or resting on the drum. (You will receive 1 warning)

**Menomonee Falls Fire Department  
Physical Ability Test**

**Ceiling Breach & Pull**

Remove the pike pole from the bracket and stand within boundary established by the equipment frame. Place the tip of the pike pole on the painted area of the hinged door in the ceiling. Push the 60-pound hinged door until it hits the stop three times. Then hook pike pole on the 80-pound ceiling device and pull the pole down five times. Three pushes and five pulls are one set. Repeat the set four times. You are permitted to stop to adjust your grip. If you loose your grip on the pike pole without it dropping to the ground, you may re-establish your grip and continue without a warning. If you do not complete a repetition the proctor calls out “MISS” and you must push or pull the apparatus again to complete the repetition. When you complete the final push/pull set, the proctor will call “TIME” and the Physical Ability Test is concluded.

**Failures**

- You will receive one warning for dropping the pike pole to the ground. You must pick up the pike pole without assistance and resume the event)
- Dropping the pike pole a second time will result in a failure.
- Stepping outside of the designated boundary. (You will receive 1 warning)

**Forms**

You must provide valid identification and complete a sign-in form. You will be shown a video demonstrating the details of the test and failure criteria. You may ask questions if you do not understand any part of the test. A Waiver & Release form must be completed prior to the test and a Rehabilitation Form before leaving the rehabilitation area. Failure to complete and sign all of the forms will result in a failure of the test.