

## Firefighter Physical Aptitude Course requirements.

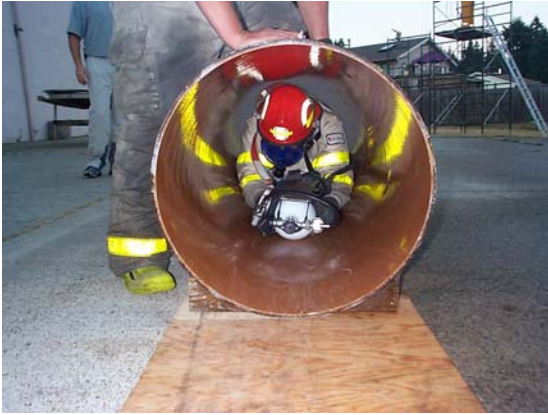
The firefighter recruit will complete the following skill sets within 6 minutes for a satisfactory grade:

- While wearing full personal protective clothing and self-contained breathing apparatus, which weighs +/- 56 pounds.
- The recruit firefighter will walk 25' to the station #1.
- Connect a 50' length of 1-1/2" firefighting hose to a water supply valve, attach a nozzle, and turn the water on charging the hose line.
- The recruit firefighter will then extend the hose line its full length to station #2, a teeter-totter, which has an empty bucket at one end and a pail of sand at the other.
- Holding the nozzle on the hose line above the head of the recruit firefighter, the recruit firefighter will fill the empty bucket until the teeter-totter lifts the pail of sand at the opposite end.
- Moving to the pail end of the teeter-totter, the recruit firefighter will pick up a fire axe from the ground and move on to station 3.
- Station 3 is a 10' high set of scaffolding with a rope hanging down the front and a single ground ladder off to one side.
- The recruit firefighter will tie the axe to the rope, then climb the ladder to the top of the scaffolding, which is station # 4.
- The recruit firefighter will then pull the axe up to the top, and untie the axe from the rope, then chop the axe into a block of wood so that it does not fall out.
- The recruit firefighter will then climb down the ladder and move on to station #5.
- Station #5 is a 6' long 24" diameter tube that the recruit firefighter will have to slide through holding the air cylinder in his/her hands while not allowing the facemask to dislodge from their face.
- Once through the tube, the recruit firefighter will put the air cylinder back on his/her back and move on to station #6.
- Station #6, the final station, is a dummy drag.
- The recruit firefighter will have to pick up the dummy in an under arm carry and drag the dummy a minimum distance of 60' to the start finish line.

Station #2



Station #5



Station #3



Station #6



Station #4

