



Montgomery Fire Department

Montgomery County ESD #2

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2019 MCESD #2 Physical Ability Test

The Montgomery Fire Department Physical Ability Test may be completed in desired athletic wear. The course consists of (7) job simulation tasks that represent basic skills that do not require specific training to successfully complete. The candidate will don a helmet, work gloves, and SCBA, which will be worn throughout the duration of the course. There is a **9 minute** time limit to complete the course. Time begins once the proctor gives the “GO” command.

- **Station One: Simulated Victim Carry**

The candidate will lift the mannequin by whatever means necessary, except by the feet, to drag 25’ to the distant cone, around the cone, and back until the mannequin’s feet cross the original start line.

- **Station Two: Simulated Equipment Carry Upstairs**

The candidate will advance 50’ to the base of the drill tower, pick up the two dumbbells and move to the top level of the drill tower where he/she will place the dumbbells in the designated area.

- **Station Three: Hose Roll Raise & Lower**

The candidate will raise the hose by pulling the rope using the hand over hand method until the hose reaches the top rail. The proctor will approve placement and give the candidate the go-ahead to lower the hose in a controlled fashion, using the hand over hand method. The candidate must maintain control of the hose at all times till it reaches the ground.

- **Station Four: Simulated Equipment Carry Downstairs**

The candidate will pick up the two dumbbells and move down the drill tower to the next station (Keiser Sled), placing the dumbbells in the designated area.

- **Station Five: Keiser Sled**

The candidate will drive the I-Beam the length of the track. The proctor will inform the candidate when the back of the I-Beam reaches the end of the track.

- **Station Six: Simulated Equipment Carry**

The candidate will pick up the two dumbbells and move them approximately 200’ to the next station (Large Diameter Hose Drag), placing the dumbbells in the designated area.

- **Station Seven: Large Diameter Hose Drag**

The candidate will pick up the 5” hose coupling, placing it over the shoulder and advancing 100’ to the designated drop point. The candidate will drop the coupling and move to the opposite end of the hose. Once at the opposite end, the candidate will pick up the 5” hose coupling, placing it over the shoulder and advancing 100’ to the designated drop point. The proctor will inform the candidate that time has stopped and that the course is complete.