

**Cibolo, Texas
Fire Department**

Firefighter Physical Ability Examination

Candidate Study Guide



INTRODUCTION

This study guide is designed to describe the physical tasks you will be required to perform for the Cibolo, Texas Firefighter Physical Ability Examination. You will increase your chances of obtaining a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this study guide, following the specific directions regarding attire, paying proper attention to your physical well-being before the test and taking care to avoid becoming overly anxious about the test.

OVERVIEW OF THE TESTING PROCESS

A job analysis was conducted for the job of Firefighter in the Cibolo, TX Fire Department which included an analysis of data collected from incumbents in the organization on a comprehensive job analysis questionnaire and a meeting with a representative sample of subject matter experts. The job analysis provided the background information necessary to validate the job-related physical ability examination. It allowed for the identification of the essential physical functions required of the job, and these essential functions are included in the physical ability test.

Among other physical tasks, Firefighters in the Cibolo, Texas Fire Department must be able to perform in bunker gear; fully advance a charged hose line; drag an uncharged hose line; carry a highrise pack up stairs; perform a successful hose raise; carry equipment; perform ventilation techniques; and drag a victim to safety.

This examination is equally valid for assessing the physical skills of candidates with fire fighting experience and those without. For example, one portion of the test requires the candidate to drag a dummy 50 feet. It is not necessary to have prior experience as a firefighter to possess the physical ability to drag a heavy object.

Preparation instructions and a description of the physical ability test are provided below.

TEST PREPARATION

The following suggestions should help you prepare yourself physically for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

WHAT TO WEAR

Candidates should wear the following during the test:

- Bunker gear, including:
 - Bunker helmet
 - Bunker gloves
 - Bunker coat
- SCBA (without mask)
- Tennis shoes (sport shoes or sneakers) and comfortable pants are recommended.
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

Note: Bunker gear and SCBA (without the mask), which are provided by the Cibolo Fire Department, shall be worn throughout the course of the examination. Before beginning the test, each applicant will try on the bunker gear and SCBA. Adjustments will be made, as necessary, to ensure it is comfortable and fitting properly. A test monitor will be present to assist with any equipment adjustments.

DESCRIPTION OF THE TEST

The test will require a candidate to complete several physical tasks in sequence within an allotted time frame. All applicants will be given an orientation and walk through prior to taking the test. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do.

During the sequence of events, it is extremely important to pace yourself. Over-exerting yourself early in the test may reduce the amount of energy you have left for exercises at the end of the test, such as the victim rescue. Additionally, candidates are not permitted to run between events for safety reasons. The cutoff score is based on the times of incumbents who proceeded through the course without running.

TEST EVENTS

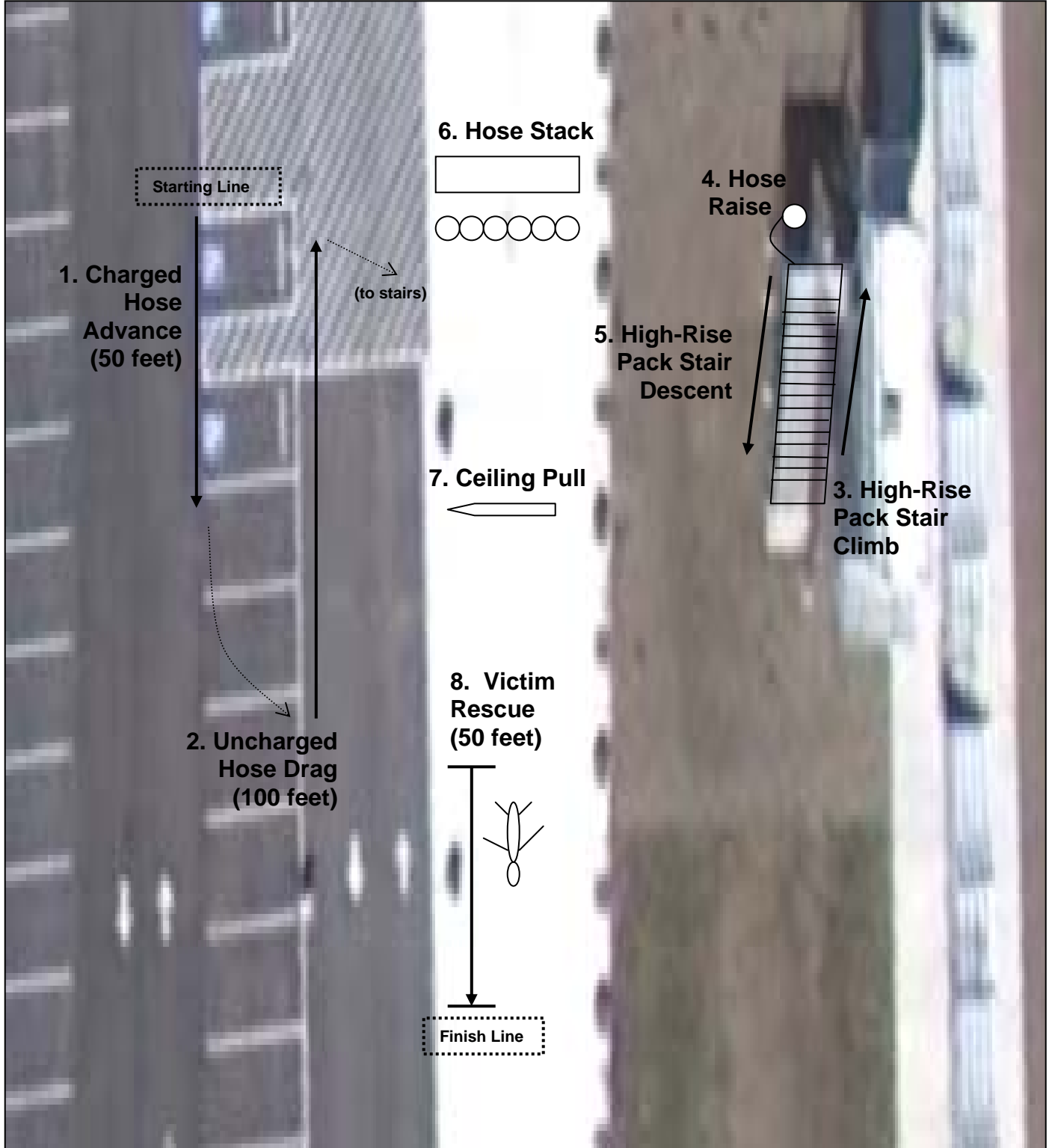
Page 4 contains a map illustrating the entire test sequence. Each event listed below corresponds to a particular point on the attached map.

1. Charged Hose Advance. A 1 ¾" hose charged to 100 psi and advanced 50 feet is used for this component. The start and stop lines for the charged hose drag should be clearly marked.
2. Uncharged Hose Drag. A 100 foot section of 3" hose is used for this component, beginning with the hose lying flat on the ground. Candidates pick up and drag the hose 100 feet, past a traffic cone. The course is set up so that traffic cones are placed 100 feet from both sides of the starting point. If a candidate drags the hose west, the next candidate will drag it east. This allows for easy repositioning of the hose.
3. High Rise Pack Carry/Stair Climb. The high rise pack should include 150 feet of 1 ¾" hose, with brass & nozzle and will be located at the bottom of the flight of stairs. Candidates carry the pack over their shoulder up the flight of stairs. At the top, candidates, complete the Hose Raise exercise, and bring the pack back down the stairs.
4. Hose Raise. This component uses a 50 foot section of 3" hose and is placed in a predefined area on the ground near the stairs. A rope is attached to the hose at one end and is hanging over the stair rail. The rope has at least several feet of slack. Using a hand over hand technique, the hose should be raised over the railing, placed on the ground next to the candidate, and then raised back over the railing where it is lowered back to ground level, hand over hand.
5. High Rise Pack Carry/Stair Descent. The high rise pack should include 150 feet of 1 ¾" hose, with brass & nozzle as before. Candidates carry the pack over their shoulder down the flights of stairs after the Hose Raise event.
6. Hose Stack. 6 coiled bundles of 3" hose, 50 feet in length should be sitting in a row on the ground. A 4 foot high table should be approximately 4 feet away. One at a time, each hose should be lifted from the ground to the table, in order to make 2 stacks of 3 hoses each. Once this is complete, the stacks should be returned, one by one, to their original position on the ground.
7. Ceiling Pull. Candidates use a weighted pinch bar to make 8 overhead thrusts, simulating a ventilation procedure.
8. Victim Rescue. The dummy weighs approximately 185 lbs. Candidates may use any form necessary to drag the dummy 50 feet across a finish line.

CRITERIA FOR PASSING THE EXAM

1. Candidates must successfully complete **all** events in 5 minutes and 0 seconds or less.

Cibolo, TX Fire Department
Firefighter Physical Ability Course Layout



Note: Map not drawn to scale