



**Oshtemo Fire Department
Entry Level Ability Test
Orientation Guide**

The Entry Level Ability Test consists of eight separate events. This test is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner.

This is a pass/fail test based on a maximum total time of 07 minutes and 55 seconds. This time was established by testing current members.

In these events you will wear a 40 pound vest to simulate the weight of self-contained breathing apparatus (SCBA) and firefighter protective clothing. Throughout all events, you must wear long pants/sweats, a helmet with chin strap, work gloves, and footwear with no open toe or heel. Watches and loose or restrictive jewelry are not permitted.

The events are placed in a sequence that best simulates fire scene activities while allowing a 75 foot walk between events. Where a 75 foot walk is not possible there will be mandatory rest areas where the candidate will remain for 20 seconds. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk allows approximately 20 seconds to recover and regroup before the next event.

To ensure timing accuracy two stop watches are used to time the test. One stopwatch is designated the official test time stopwatch, the second is the backup stopwatch. If a failure occurs, the time on the backup stopwatch is used.

The stopwatches are set to the pass/fail time and count down from 07 minutes and 55 seconds. If time elapses prior to the completion of all events the test is concluded and you fail the test.

The following is a list of the components that make up Oshtemo Fire Department's entry level test. (This is a continuous Pass/Fail Test)

Event 1 - Hose Drag

Equipment

This event uses an uncharged fire hose with a nozzle attached. The hose line is marked at 8 feet past the coupling at the nozzle to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hose line is also marked at 50 feet past the coupling at the nozzle to indicate the amount of hose line that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation

This event is designed to simulate the critical tasks of dragging an uncharged hose line around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body, upper back and grip strength and endurance as well as anaerobic endurance.

Event

For this event, you must grasp a hose line nozzle attached to 200 feet of 1 3/4-inch hose. Place the hose line over your shoulder or across your chest, not exceeding the 8-foot mark. You are permitted to run during the hose drag. Drag the hose 75 feet to a pre-positioned drum, make a 90 degree turn around the drum, and continue an additional 25 feet. Stop within the marked 5-foot by 7-foot box, drop to at least one knee and pull the hose line until the hose line 50-foot mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk approximately 75 feet within the established walk area to the next event.

Failures

During the hose drag, if you fail to go around the drum or go outside of the marked path, the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure; the test time is concluded and you fail the test. During the hose pull, you are warned if your knee goes outside the marked boundary line. The second infraction constitutes a failure; the test time is concluded and you fail the test.

Event 2 - Equipment Carry

Equipment

This event uses two saws and a vehicle tool compartment

Purpose of Evaluation

This event is designed to simulate critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip endurance and balance.

Event

For this event, you must remove the two saws from the compartment on the Squad, one at a time, and place them on the ground. Pick up both saws, one in each hand, and carry them while walking 75 feet including a one story stair climbing to a designated line and then back to the starting line. You are permitted to place the saw(s) on the ground to adjust your grip. Upon returning to the vehicle, place the saws on the ground, pick up each saw one at a time, and replace the saw in the designated space in the cabinet. This concludes the event. Walk approximately 75 feet within the established walk area to the next event.

Failures

If you drop either saw on the ground during the carry, the test time is concluded and you fail the test. You will receive one warning for running. The second infraction constitutes a failure. The test time is concluded and you fail the test.

Event 3 -Ladder Raise and Extension

Equipment

This event uses one 24' fire department ladder and a simulated ladder extension using a roll of 3" hose (approximately 40 lbs) attached to a rope and pulley station.

Purpose of Evaluation

This event is designed to simulate critical tasks of placing and extending a ground ladder at a fire structure to the roof or a window. This event challenges your aerobic capacity, upper and lower body muscular strength, balance, grip strength and anaerobic endurance.

Event

For this event, you must walk to the top rung of the 24-foot aluminum extension ladder, lift the tip end from the ground, and walk it up until it is against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately proceed to the hose and pulley system which will simulate extending the fly section of a ladder (approximately 40 lbs), stand with both feet within the marked boundary of 36 inches x 36 inches, and raise the hose hand over hand until you are told to stop. Then, lower the hose hand over hand in a controlled fashion to the starting position. This concludes the event. Walk approximately 75 feet within the established walkway to the next event.

Failures

If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you allow the ladder to fall to the ground or someone needs to assist you because you can't control the ladder or released your grip on the ladder, the test time is concluded and you fail the test. If during the simulated ladder extension your feet do not remain in the marked boundary lines, one warning will be given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you do not maintain control of the halyard and hose in a hand over hand manner, or let the rope halyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

Event 4 - Forcible Entry

Equipment

For this event, you must use a 10-pound sledgehammer to strike the prop in the target area until the proctor says to stop (10 strikes).

Purpose of Evaluation

This event is to simulate the critical tasks of using force to open a locked door or to breach a wall. This event challenges your aerobic capacity, muscular strength and endurance of your upper and lower body, balance, grip strength and endurance, and anaerobic endurance.

Event

For this event, you must use a 10 pound sledgehammer to strike the prop with enough force to simulate breaching a door or wall. You must strike the prop ten times. During this event you must keep your feet behind the line at all times. Once the instructor says stop, place the sledge hammer on the ground. This concludes the event. Walk 75 feet within the established walk area to the next event.

Failures

If you do not maintain control of the sledge hammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you step across the line one warning will be given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 5 – Hose Raise

Equipment

This event uses 2 ½” hose with nozzle, and rope assembly

Purpose of Evaluation

This event is designed to simulate the critical task of pulling hose or equipment to an upper floor. This event challenges your aerobic capacity, upper and lower body strength and endurance, grip strength, hand eye coordination and anaerobic endurance.

Event

For this event you must stand in the window, grab the utility rope, move behind the line and pull the rope (approximately 25') which is tied to the hose, until the hose line gets to the window. Then you must pull the hose through the window until the coupling/tape mark (approximately 50') passes the designated finish line.

Failures

If your feet do not remain in within the marked boundary you will be given one warning. A second infraction constitutes a failure, the time is concluded and you fail the test.

Event 6 – Search

Equipment

This event uses a “fogged out” mask, narrow spaces and obstacles

Purpose of Evaluation

This event is designed to simulate the critical task of searching a for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and awareness.

Event

For this event, you must crawl through a designated area that is approximately 64 feet in length with two ninety-degree turns with a “fogged out” SCBA mask in place. At different locations, you must navigate around, over and under obstacles. In addition, at two locations, you must crawl through a narrowed space where the dimensions are reduced. Your movement is monitored through this event. If for any reason, you choose to end the event, call out and you will be assisted out. Upon exit and the removal of your mask the event is concluded. Walk approximately 75 feet within the established walkway to the next event.

Failures

A request for assistance that requires the removal of the applicant from the event constitutes a failure, the test time is concluded and you fail the test.

Event 7 – Rescue

Equipment

This event uses a weighted mannequin equipped with a harness with shoulder handles

Purpose of Evaluation

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, and anaerobic endurance.

Event

For this event, you must grasp a 150-pound mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drag it 35 feet to a pre-positioned drum, make a 180 degree turn around the drum, and continue an additional 35 feet to the finish line. You are not permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk approximately 75 feet within the established walkway to the next event.

Failures

If you grasp or rest on the drum at any time, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 8 - Ceiling Breach and Pull

Equipment

This event will use the high and low pulley stations of our multi-station weight machine, and pike pole handles.

Purpose of Evaluation

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance.

Event

For this event, you must remove the pike pole handle from the bracket near the low pulley, stand within the boundary established and pull up on the weight stack raising the 30-pound stack three times. Then, step over to the high pulley grab the pike pole handle and pull down the 40 pound weight stack five times while remaining in the established boundary. Each set consists of three low pulls and five high pulls. Repeat the set three times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must push or pull the apparatus again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition or as indicated by a proctor who calls out "TIME."

Failures

One warning is given if you drop the pike pole handle to the ground. You may pick up the pole without the proctors assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If your feet do not remain in within the marked boundary you will be given one warning. A second infraction constitutes a failure, the time is concluded and you fail the test.

