



KEOKUK FIRE DEPARTMENT

111 S 13th St. • Keokuk, IA 52632 • 319-524-1642 • Fax: 319-524-1642

Instructions for Physical Agility Test

The following physical agility test will be administered in conjunction with the overall testing process required for consideration for employment with the Keokuk Fire Dept. This instruction packet will provide an overview of the seven timed events you must complete as well as the two untimed events. Failure to complete any of the stations will result in an automatic disqualification; you must finish all stations to receive a score and move on to the written exam.

Timed Events

1.) *Hydrant Operation*

Requirement: Perform eight (8) revolutions of the fire hydrant valve stem using a hydrant wrench.

Procedure: While standing on the hydrant prop platform, the applicant must perform eight (8) complete revolutions of the hydrant valve stem with the attached hydrant wrench. The applicant must remain on the prop platform at all times. Failure to do so will result in no credit for that revolution which will have to be repeated. The evaluator will let you know when you have successfully completed this event.

2.) *2 ½" Hose and Nozzle Pull*

Requirement: Extend 200 feet of 2 ½" fire Hose and Nozzle.

Procedure: The applicant will approach 200 feet of dry 2 ½" fire hose and nozzle, laid out in an extended accordion fold. The hose and nozzle will be placed over the applicants shoulder by Keokuk Fire Dept. personnel. The applicant then moves forward until the entire 200 feet of hose is stretched out. This task is completed as quickly as possible, and without stopping. A ten (10) second penalty will be applied to the applicants overall time each time the applicant stops. The evaluator will let you know when you have successfully completed this event.

3.) *Rescue Mannequin Drag*

Requirement: Drag a 145 – pound rescue mannequin 120 feet.

Procedure: Applicants must, grab the mannequin either around the chest or by the harness attached to the mannequin. Begin and continue walking backwards while dragging the 145 pound rescue mannequin all the way across the finish line without stopping. The mannequin must be drug, not carried. A ten (10) second penalty will be applied to the applicants overall time



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each time the applicant stops or drags the mannequin walking forward. The evaluator will let you know when you have successfully completed this event.

4.) *Ladder Handling*

Requirement: Remove a 16 foot ground ladder from one fire engine ladder rack, carry the ladder a short distance to another fire engine and place the ladder on its ladder rack.

Procedure: The applicant will approach a 16 foot ground ladder which is hanging on a fire engine's ladder rack approximately 80 inches above the ground. The ladder must be removed from the rack, carried approximately ten feet, and placed on an identical rack on another fire engine as quickly as possible. The ladder must not be dropped or touch the ground or a ten (10) second penalty will be applied to the applicants overall time for each offense. The evaluator will let you know when you have successfully completed this event.

5.) *Extension Ladder Raise*

Requirement: Fully raise (extend) the top (fly) section of a 35 foot extension ladder and safely lower it completely by using the attached rope (halyard).

Procedure: The applicant will approach the 35 foot extension ladder and begin raising the fly section of the ladder by using a hand-over-hand method. Continue raising the fly section until the fly sections are fully extended and come to a stop. The evaluator will tell you when you have fully extended the ladder at which time the applicant will begin lowering the fly section with the hand-over-hand method until the fly section is fully retracted to the starting position. Allowing the rope to slip through your hands at any time is an unsafe practice and unacceptable. This will require you to redo the event while time continues to run. The evaluator will let you know when you have successfully completed this event.

6.) *Attic Crawl*

Requirement: Applicant will proceed on hands and knees on rafters, which are 24 inches apart, through a ground level attic prop.

Procedure: Enter the simulated attic rafter prop at one end and stay low as you crawl. You must crawl to the other end of the attic prop, turn and crawl back to exit at the same end you entered. You must not exit the attic prop at the turn, this will require you to start over while the applicant's time continues to run. A ten (10) second penalty will be applied to the applicant's



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time each time a part of the body drops between the rafters or contacts the red painted areas. The evaluator will let you know when you have successfully completed this event.

7.) *Simulated Roof Ventilation*

Requirement: Complete 50 acceptable impacts with a six-pound sledgehammer.

Procedure: The applicant must stand or kneel on the sloped roof ventilation prop and strike a target 50 times with a six-pound sledgehammer. The only acceptable method is to bring the sledgehammer to shoulder height and strike the target with enough force to simulate the penetration of standard roofing materials. The evaluator will count the blows and will tell you if the blows do not qualify. The evaluator will let you know when you have successfully completed this event.

Untimed Events

1.) Aerial ladder climb

The applicant must successfully climb an aerial ladder unsupported. The aerial ladder will be raised to an approximate height of 60 feet and at a 75 degree angle. The applicant must climb the ladder and touch the top rung and then climb down the ladder unassisted. The applicant must use the proper climbing techniques as instructed. Applicants will be required to wear safety equipment during this exercise.

2.) SCBA Escape Drill

The applicant will be outfitted with a bunker coat, helmet, gloves and a Self Contained Breathing Apparatus (SCBA). You must be able to find your way out of a standard sized room with the SCBA face piece covered (blacked out) using the methods demonstrated.



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Physical Agility Test Scoring

The agility tests will not have a time-limit, however you will be scored according to your performance during the test. Applicants who complete the seven stations within seven minutes will be awarded points, and applicants who complete the seven stations over eight minutes will start losing points as follows:

Total Scored Time

3:00-4:30 min + 20	8:01-8:30 min - 01
4:31-5:00 min + 16	8:31-9:00 min - 04
5:01-5:30 min + 12	9:01-9:30 min - 08
5:31-6:00 min + 08	9:31-10:00 min -12
6:01-6:30 min + 04	10:01-10:30 min -16
6:31-7:00 min + 01	Over 10:31 min -20
7:01-8:00 min + 00	

The points will be calculated by taking your overall time, when the last station is completed, and adding that time with all the assessed penalties, for a total scored time for each applicant. The points from both the physical agility test and the written exam will be added together and used by the civil service commission to certify a list of ten candidates and a possible alternate list. The list of 10 candidates will then proceed to the interview phase of the hiring process.