Irving Fire Department Physical Agility Test

This agility exam is designed to determine if a candidate is capable of performing the physical tasks expected of a Firefighter in the City of Irving. Special equipment used during the test and steps that comprise the test are described here. Turnout clothing and SCBA are worn during the test. The weight of the gear is approximately 50-pounds. The entire test is performed wearing Turnout Clothing and SCBA. *NO extra points are gained by completing the test faster than the required time*. Candidates may ask questions at any time during the test. The times required for each part of the test are listed and there are no pauses other than those required by the test.

IFD Provided Turnout Clothing - Protective firefighter clothing. A set of Turnout Clothing weighs approximately 25 pounds.

COAT

PANTS

HELMET

BOOTS

GLOVES

Self-Contained Breathing Apparatus (SCBA) - The SCBA provides the firefighter's air supply. The unit weighs approximately 25 pounds. Only the cylinder, regulator, and webbing are worn during the test. The face mask is not worn during the test.

Dead-blow Hammer – The hammer is an 8-pound, plastic, sledge hammer filled with steel pellets. The hammer will absorb the force of the blow and increase the amount of work required to move the Sled on the Force Machine.

Force Machine – This unit consists of a steel track and a steel sled with plastic runners. The candidate swings the Dead-blow Hammer to strike the 158-pound Sled and move it down the track for a total of 3-feet.

Part # 1

The Aerial Ladder is placed at a 70-degree angle. The candidate must climb 70-feet and return to the base of the ladder in 2-minutes and 18-seconds or less.

After Part # 1

The candidate is required to sit for a 5-minute timed recovery period. Turnout gear is worn but may be opened for cooling.

Part # 2

NOTE: The remainder of the events occur one after the other and must be completed in a cumulative time of 5-minutes and 59-seconds or less.

HOSE DRAG

CARRY HOSE

MOVE BOX

HAUL HOSE

FORCE MACHINE

MOVE 3-Inch HOSE

LADDER LOWER

CARRY FAN

MANIKIN DRAG

Hose Drag - A charged line is moved through an obstacle course.
Carry Hose - A 35-pound hose pack is carried to the third floor.
Move Box - A 90-pound box is moved 12-feet across the floor.
Haul Hose - Pull 50-feet of hose to the third floor.
Force Machine - A 158-pound weight is driven 3-ft with a dead-blow hammer.
Move 3-Inch Hose - A 35-foot of charged 3-inch hose is moved 35 feet.
Ladder Lower - A 24-foot ladder is removed from a rack and moved 8-feet.
Carry Fan - Carry a smoke ejector fan around the drill tower 70 feet.
Manikin Drag - Drag a 165-pound manikin 15-feet.

Upon completion of ALL of the above tasks the timer is stopped.
Total allowed time for all of EVENT # 2 tasks is 5 minutes and 59seconds or less

CITY OF IRVING FIRE DEPARTMENT—FIREFIGHTER

CIVIL SERVICE AGILITY TEST RESULTS

NAME: _____ SS#: _____ CLASSIFICATION: **Applicant**

AGE: _____ BIRTH DATE: _____ HEIGHT: _____ WEIGHT: _____ SEX: _____

	MAX. TIME ALLOWANCE		TIME COMPLETED		PASSED	
					YES	NO
PART #1	MIN.	SEC	MIN.	SEC	√	**X**
1. Climb the aerial ladder at a 70° angle with a 70' extension.	2	18				
PART #2						
1. Drag one 1¾" hose line around three barrels—total drag 340 feet.						
2. Carry a high-rise pack to third floor and place in mounted rack.						
3. Push 90-pound box across floor.						
4. Pull 50-feet of 1¾" hose to the third floor.						
5. Drive a 158-pound Force Machine three feet using eight-pound Dead-blow sledge hammer.						
6. Drag 35 feet of charged three-inch hose 35-feet across marked line.						
7. Remove 24' extension ladder from drill tower wall brackets and place on ground 8 feet from wall.						
8. Lift and carry a smoke ejector (fan) around the drill tower – distance 70 feet.						
9. Using fireman's drag, move a standard 165 pound manikin 15-feet.						
TOTAL ELAPSED TIME: PART #2	5	59				

_____ _____

SIGNATURE OF APPLICANT SIGNATURE OF TEST EXAMINER