

Midlothian Fire Department
Physical Agility Test

In full PPE, but without SCBA,

1. Couple four sections of 1.75" hose and connect to hydrant.
2. Extend line 50 feet and bleed air when charged.
3. Advance charged line approximately 150 feet.
4. Time stops. Walk to front of training tower, don SCBA and ladder belt.
5. Time starts. Place 3.0" hose pack on shoulder and ascend to second floor of tower.
6. Set down hose pack and pull 150 feet of dry 1.75 hose into tower.
7. Descend to first floor of tower and pick up 14' roll of ladder.
8. Place roof ladder against tower, ascend ladder and touch top rung.
9. Descend to ground and walk to 35' ladder station (mounted to tower).
10. Extend ladder fully and lock both fly sections.
11. Walk to second 35' ladder, attach safety line and ascend ladder.
12. Touch top rung and descend ladder.
13. Walk to rescue dummy.
14. Pick up dummy and drag backwards (using firefighter drag technique) 75 feet.

Time limit is seven minutes and thirty seconds (7:30).