



# FORT MYERS BEACH FIRE DEPARTMENT

100 VOORHIS STREET · FORT MYERS BEACH, FLORIDA 33931  
MAILING ADDRESS: PO BOX 2880 · FORT MYERS BEACH, FLORIDA 33932

## FIREFIGHTER/PARAMEDIC & FIREFIGHTER/EMT PHYSICAL AGILITY PRE-EMPLOYMENT EVALUATION

### Pre-Employment Evaluation

This physical evaluation is designed to evaluate an Applicants ability to perform basic firefighter functions by utilizing exercises that simulate firefighter functions. This evaluation is designed to be completed by an Applicant in a continuous fashion without breaks or rest between stages. This physical evaluation is graded on a Pass/Fail system and no points are awarded for completion times. Applicants must complete ALL exercises within 7 minutes to Pass the evaluation. All exercises should be performed utilizing proper body mechanics and personal safety. Applicants will wear helmet, gloves and a weighted vest (up to 45lb.) during the entire Physical Agility Evaluation.

#### Stage One:

Applicant will shoulder a 100' section of 2 ½" hose bundle utilizing proper lifting techniques and ascend to the fourth floor of the fire tower. Upon reaching the fourth floor, the applicant will place the hose bundle in the designated area.



Reaching over a railing, the applicant will hoist a 50' roll of 2 ½" hose from the ground floor up to the fourth floor and place it in the designated area.

Next, the applicant will shoulder the 2 ½" hose bundle and descend to ground level. This completes Stage One the applicant will then proceed to Stage Two without a rest period.





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### Stage Two:

The Applicant will utilize the Keiser Sled and move an I beam with a rubber coated sledge hammer to the other side of the sled. (Applicants are not allowed to drag or pull the I beam with the hammer). This completes Stage Two, the Applicant will then proceed to Stage Three without a rest period.



### Stage Three:

The Applicant will drag an uncharged 1 ¾" hose line attached to a tire 50 feet. This completes Stage Three; the Applicant will then proceed to Stage Four without a rest period.

### Stage Four:

The Applicant will drag a weighted manikin 80 feet. The manikin's feet must completely pass the cones for time to stop. The Applicant may use a variety of dragging techniques but none may compromise proper lifting techniques or jeopardize safety. This completes stage four and the overall physical agility evaluation.

