



FORT SMITH FIRE DEPARTMENT

200 North 5th Street
Fort Smith, AR 72901
(479) 783-4052 office (479) 783-5338 fax



Phil Christensen
Fire Chief

Note: Vitals will be taken prior to and after timed events. Resting blood pressure vitals over 180 mmHg systolic or 100 mmHg diastolic, or resting heart rate over 120 beats/min will result in applicant not able to participate in FSFD Physical Agility Test. After the agility test is completed, vitals must be at or below threshold before applicant is able to leave the premises.

Physical Agility Test:

NON-TIMED EVENT – APPLICANT MUST MAINTAIN A CONSTANT PACE

1) AERIAL LADDER CLIMB

Climb aerial ladder for 60' at a 75 degree angle. Climb to top, lock in with safety belt, unlock and climb back down.

PURPOSE: This exercise assures the applicants ability to be able to work at various heights.

TIMED EVENTS - TOTAL TIME ALLOWED - 13 MINUTES

2) LADDER RAISE

Remove 24' extension ladder from apparatus, carry to wall, position on wall, lower and replace in proper location on pumper. (Approximate weight of 24' extension ladder is 64 lbs.)

PURPOSE: This exercise simulates the removing of a ladder from a pumper to use on the fire scene. One man removal, because of lack of manpower, is essential and employee must be capable of performing this function.

3) HOSE ROLL

Roll and unroll one (1) 50 foot section of 2 ½" fire hose.

PURPOSE: This exercise simulates the rolling and unrolling of hose which is done at any structure fire. The number of sections and size of the hose may vary from 1 ¾" to 5" size and in length from 50 foot to 100 foot.

1 - 50' section of 1 ¾" hose weighs approximately 21 lbs.

1 - 50' section of 2 ½" hose weighs approximately 41 lbs.

1 - 100' section of 5" hose weighs approximately 84 lbs.

4) HOSE EXTENSION

Drag two (50') sections, coupled together to make 100' length, of 2 ½" hose for 100 feet, install nozzle and drag for an additional 25 feet. (Approximate weight of two (2) sections of 2 ½" hose is 82 lbs.)

PURPOSE: This exercise simulates advancing hose lines on the fire scene to fight fire. The approximate weight is 41 pounds per section minus water which weighs approximately 8 pounds per gallon.

5) VENTILATION SIMULATION

Using a sledge hammer, simulate chopping hole in roof for ventilation. Requires the participant to drive inner part of the friction sled down and back.

PURPOSE: This exercise is to simulate ventilation.

6) HOSE CARRY

Carry two (2) 50' sections of 1 3/4" fire hose assembled in a high-rise pack up and down six (6) flights of steps. (Approximate weight of 50' section of 1 3/4" hose is 21 lbs.)

PURPOSE: This exercise simulates the individual's ability to traverse multi-story buildings with needed equipment. Standard guidelines in fighting fires in multi-story buildings call for the use of stairways.

7) HOISTING HOSE

Hoist one (1) 2 1/2" (50') section of fire hose, using a rope hand over hand approximately two stories high and lowering back to ground. (Approximate weight of 50' section of 2 1/2" fire hose is 41 lbs.)

PURPOSE: This exercise simulates the advancing of hose and other equipment up multi-story buildings.

8) RESCUE

Pick up a dummy, approximate weight 160 lbs., off the ground and carry for distance of 50'. All that may touch the ground is the dummy's feet.

PURPOSE: This exercise simulates rescue. The victim's size and weight may vary, the distance to safety and evaluation may vary.

END OF TIMED EVENTS

NOTE: ALL EVENTS ARE ACCOMPLISHED WITH HELMET, BUNKER COAT AND SELF-CONTAINED BREATHING APPARATUS (SCBA) - NO MASK.

The approximate weight of turnout gear is 20 lbs., approximate weight of (SCBA) is 40 lbs. (TOTAL APPROXIMATE WEIGHT OF TURNOUT GEAR AND SCBA IS 60 LBS.)

All the exercises are done using dry hose, but during actual structural fire fighting, a weight of approximately 8 lbs. per gallon of water is added. Any or all of these exercises may be essential during emergency operations.

Pre-Employment Physical Agility Test Release of Claims for Personal Injury

State of Arkansas>

Know all men by these presents:

County of Sebastian>

That I, _____ do hereby, indemnify, and agree to hold harmless the City of Fort Smith, its fire fighters, directors and employees, from and against any and all claims, liability and causes of action which I may have or which may subsequently accrue to me, as a result of my taking a test administered by the City of Fort Smith to determine my physical fitness to be a probationary fire fighter. I understand that such skills assessment is required as a part of the application procedure for consideration for employment as a probationary fire fighter of the Fort Smith Fire Department. I further understand that, during the taking of said test, my physical strength and general physical condition will be measured, and, in conjunction therewith, it will be necessary for me to exert myself physically, and that such exertion is only intended to measure requirements regarding physical strength and condition to be considered for employment by the Fort Smith Fire Department.

This consent and release of liability is voluntarily given this ____ day of _____, _____. It is intended to be binding on me as well as my heirs and assigns.

Signature

Acknowledgment

I, _____ do hereby acknowledge that the foregoing instrument was executed by me on the above date for the purposes expressed therein, and I acknowledge that I have voluntarily executed the afore going instrument, and that the contents thereof are true and correct.

Signature

On this _____ day of _____, _____, personally appeared before me the fire applicant who, after being duly sworn, acknowledged that the foregoing instrument was executed by him/her for the purposes expressed therein and that the contents thereof were true and correct.

Notary Public
My Commission expires: _____

This form must be completed and attached to the application.