



FIREFIGHTER PHYSICAL ASSESSMENT TESTING

Knox Technical Center requires that all tasks must be completed within 4 minutes and 30 seconds (04:30 min) or less to pass the assessment. Check with the department that you are applying for to find out their required times for this assessment.

The Physical Assessment Test (PAT) will consist of the following tasks within the time allotted

Station 1

- Stair Climb (1.5 flights)
 - Stair Climb to the top with high rise hose pack (2-50 ft. sections 1 ½ inch hose weighing about 50 lbs.) and place in the designated location; return back down to the bottom and pick up chain saw and K12 saw and return back to the top of the stairs and place in the designated location.

Station 2

- Hose hoist
 - Walk to the rail and pull up 1- 2 ½ inch hose roll and drop on the floor.
 - Pick up the high-rise pack and return to the bottom of the stairs.
- Walk to the CPR mannequin and perform 30 compressions

Station 3

- Keiser Sled
 - Using a 9 lb. mallet, drive the steel beam till the lead end passes the end of the sled (5 ft.).
- Walk to the CPR mannequin and perform 30 compressions

Station 4

- Hose pull
 - Drop to one knee and in a hand over hand motion pull a 100 ft 2 ½ inch uncharged hose with 25 lb. weight attached. You will need to pull it into the designated area.
- Walk to the CPR mannequin and perform 30 compressions

Station 5

- Dummy Drag
 - You will be required to pull or carry a 165 lb. IAFF dummy for a total of 100 ft. You may do this in any manner with the head going in the direction of travel. There will be a section of webbing pre-attached to the dummy to be able to be pulled. Once the feet cross the 100 ft. mark you will be finished with the test.

Knox Technical Center will issue a certificate of completion indicating the time the required tasks were completed. A copy of this certificate and score will be released to the department or civil service commission you are testing for. Please ensure that the department you are testing for will accept the certificate as their standard.

The PAT will be conducted in the gymnasium. Each candidate will be required to wear a Firefighter SCBA (air tank), helmet and gloves. The SCBA will be worn for strictly weight and the candidate will not be breathing air. All equipment required for the test will be provided. You may wear a skull cap under the helmet if desired. You are encouraged to wear clothing that will not restrict your performance (long pants preferred) and good pair of athletic shoes.

Firefighting is a physically demanding job and at times hazardous. Candidates are encouraged to do pretesting exercises that will assist in completing the agility test.

Please note:

Knox Technical Center does not assume any responsibility for any medical consequences that may arise from participating in the PAT. Any candidate under the age of 18 years of age must have a release of liability signed by a parent or legal guardian prior to testing. Forms can be picked up or provided the day of testing.

PAT Prep Course

Dates: TBD

Time: 6pm -8pm

Cost \$100.00

5 minimum students required

PAT (Timed test day)

Date: TBD

Time: Time will be assigned starting at 8 am

Cost: \$50.00

Location: 308 Martinsburg Rd

Mount Vernon Ohio 43050

Registration Information:

- All courses must be registered for no later than 5 days prior to the day of testing.
- Payment must be made at the time of registration.

To register online:

- Visit www.knoxtechnicalcenter.com and go to Register now. Complete the online registration and then you can call 740.393.2933 to pay over the phone by credit card.

To register in person:

- Stop by Knox Technical Center, located at 308 Martinsburg rd. Mount Vernon, Ohio 43050 to complete a paper registration and pay your registration fee.

Refund Policy:

- Refunds available for special circumstances. You must submit your circumstance in writing and meet with the Public Safety Coordinator.
- There will be no refunds after the test date.

For More Information:

Telephone number 740.393.2933 Ext 1101

or visit

knoxtechnicalcenter.com