



# LADDERS

*The recruit newsletter of the South Euclid Fire Department*

*Climbing to a career as a firefighter in the South Euclid Fire Department, one rung at a time.*

Issue Three

## Preparing for Physical Fitness Testing

Firefighting is a very physical job. Whether it is advancing a hoseline or cutting a hole in a roof for ventilation, physical demands are important in the performance of our job. Cities require some type of physical fitness testing. The time to prepare for this testing is now. If you are not in good physical shape, it will take some time to get there. Cities in our area will use one of the following three physical testing methods.

### Cuyahoga Community College – Firefighter Physical Agility

The CCC agility is based on the Combat Challenge fitness test. This is the same test used to get into the Fire Academy at CCC. Five tasks; stair climb with 50 pound hose pack, hose hoist up three stories, forcible entry using the Keiser Force Machine, hose advance and 175 pound dummy drag.

### Candidate Physical Ability Test (CPAT)

The CPAT test uses eight stations run right after another. The stations are; stair climb – stepping at a pace of 60 steps per minute for three minutes, hose drag – drag 200 feet of 1 ¾ inch hose 100 ft and then pull hose an additional 50 ft., equipment carry- moving some saws in and out of a cabinet, ladder raise – lift a 24 ft. ladder and then raise it using the rope, forcible entry – hit a measuring device with a 10 pound sledge hammer, search – crawl through a tunnel maze, rescue – drag a 165 pound dummy thirty five ft. up and back and ceiling breach – using a pike pole push a weight and pull down on a weight.

### Unique tests to an individual city

Many cities have their own physical fitness tests. They can range from simple strength and endurance tests to specific task related tests. The City of South Euclid currently uses a test with four stations; hose drag, weight drag with diminishing height, stair climb with hose pack and aerial ladder climb.

No matter what the test, there are two things that are key to your passing the physical agility. First, good physical condition is important. A combination of strength and aerobic capacity is a must. You need the strength to lift and the aerobic capacity to do it for several minutes. Second, technique is crucial. All the strength and aerobic capacity will do little good, if you have never practiced dragging a dummy or advancing a hoseline. Practice swinging a sledge hammer and raising a ladder. Proper technique will make the task easier.

Final thoughts: Start now; it takes some time to get into good physical shape if you are not now. Stay in shape; make this a habit you will use until you retire. There are many web sites and videos that you can use as a resource. In a future newsletter I will offer more advice about the actual testing day. Good luck and get moving. -- Chief Huston