

Firefighter **Physical Abilities Test 8**

The PAT8 is a series of 8 tasks stations (7 continuous exercise drills and a ladder climb) and is a challenging firefighter candidate abilities test utilized for firefighter candidates in the City of Thomasville.

As a pre-employment requirement, applicants must demonstrate a minimal level of physical fitness required of entry-level fighters. This demonstration shall be accomplished by successfully completing a firefighter/candidate physical agility test and ladder climb. The firefighter/candidate Physical Abilities Test 8 (PAT8) helps to ensure firefighter candidates can meet the physical demands of the firefighting job performance requirements (JPR) in a safe and effective manner.

During the PAT8, the firefighter candidate is required to wear a 25 lb. vest, long pants, closed toed shoes, helmet, and gloves (No jewelry). The 25 lb. vest is used to simulate wearing self-contained breathing apparatus (SCBA). Firefighter candidates shall walk between each station (85' between each station).

PAT8 tasks include:

1. **Stair Climb** - wearing a 25lb vest/carrying a high rise pack up 6 flights of stairs and back down. The exercise is completed and the firefighter/candidate advances to the next station.
2. **Hose Drag** – The candidate places the end of a 200 ft. hose on their shoulder and drags the hose 75 ft. around a barrier, making a 90 degree turn and dragging it another 25 ft. to a 5 x 7 ft. box, on one or two knees the candidate pulls the hose 150 ft. until the 50 ft. hose mark crosses the finish line. The exercise is completed and the firefighter/candidate advances to the next station.
3. **Equipment Carry** – Two 10 lb. kettle bells or pieces of equipment (2-2 ½ hose rolls) are picked up off the ground and carried (one in each hand) 75 ft. around a barrier and returned to the starting point. Both kettle bells/pieces of equipment are placed on the ground. The exercise is completed and the firefighter/candidate advances to the next station.
4. **Ladder Raise** – The firefighter candidate walks to the top rung of a 24 ft. aluminum extension ladder, walking the ladder, rung by rung up to a stationary wall. The firefighter/candidate must stay positioned in a 3 x 3 ft. box near the wall and raise the ladder until it hits the stop and returns the ladder back to its original position. The exercise is completed and the firefighter/candidate advances to the next station.
5. **Forcible Entry** – The firefighter/candidate uses a 10 lb. sledgehammer striking a target while in a designated forcible entry sled until the beam is moved 5 feet. The exercise is completed and the firefighter/candidate advances to the next station.
6. **Rescue Drag** – The firefighter/candidate grabs the handles at the shoulder of a 165 lb. mannequin and drags the mannequin 80 feet to the finish line. The complete body of the mannequin must cross the finish line. The exercise is completed and the firefighter/candidate advances to the next station.
7. **Ceiling Breach and Pull** – The firefighter/candidate uses a pike pole to push up a 60-lb. hinged door 3 times and then use the pike pole to pull an 80-lb. ceiling device pulling the pike pole downwards 5 times. The routine is conducted 4 more times for a total of 5 times. The exercise is completed after the last pull and the proctor calls time.
8. **Ladder Climb** - The firefighter/candidate shall climb a 100 feet aerial ladder, at a 70° angle to the top and back down while on belay.