

PHYSICAL AND HEALTH REQUIREMENTS OF FIRE ARE:

- (a) An applicant for the position of Fire Rescue Specialist must be able to perform all the essential functions of the position with or without a reasonable accommodation.
- (b) The determination of physical and/or mental fitness for appointment to an entry level position shall be determined by a Commission appointed medical or mental health provider. The examining physician shall use the requirements of the National Fire Protection Association Publication NFPA 1582, "Medical Requirements for Fire Fighters", 2003 Edition, as a guide for the determination of medical or mental fitness for appointment. Applicants must pass the physical and mental examinations prior to appointment to an entry level position.
 - (c) As a condition of continued employment, a Fire Rescue Specialist hired after March 21, 1991, shall, upon completion of the fire recruit orientation, refrain from the use of all tobacco products, on or off duty.
 - (d) Prior to employment, a Fire Rescue Specialist hired after December 17, 1998, shall successfully complete the following Plano Fire Department Ability Test:

Pass/Fail Events

- Event 1: Simulated Backboard Lift/Carry: Lift a 92-pound barbell from ground level to waist level, carry it approximately 40 feet, and return it to the start location.
- Event 2: Aerial Climb: While attached to safety line and wearing a firefighting coat, helmet, gloves and SCBA, climb 100 feet up a fire aerial ladder set at a 70-degree angle and return down the ladder.

Timed Events

- Event 3: Dry Hose Deployment: Advance a 1.75-inch hose line for a distance of approximately 125 feet.
- Event 4: Charged Hose Deployment: Advance a pre-connected 1.75-inch charged hose line for a distance of approximately 190 feet.
- Event 5: Halyard Raise: Raise the fly section of a 24-foot aluminum extension ladder and return it to the starting position.
- Event 6: Ladder Removal/Carry: Remove a 14-foot roof ladder from brackets mounted onto a building wall, carry the ladder 65 feet around a diamond shaped course, and return the ladder to mounted brackets.
- Event 7: Roof Walk: Ascend and descend a 14-foot roof ladder, placed on a pitched roof with hooks over ridge while carrying a chainsaw.

- Event 8: Roof Ventilation: Stand on a pitched rooftop and strike the roof 30 times with an 8-pound sledgehammer.
- Event 9: Attic Crawl: Crawl a distance of approximately 30 feet through an attic space while carrying a flashlight.
- Event 10: Victim Removal: Drag a 165-pound dummy a distance of approximately 55 feet.
- Event 11: Stair Climb with Hose Pack: Climb interior stairs of the training tower to the 4th floor carrying a hose pack (100 feet of 1.75-inch hose) and place hose pack in a designated area. Crawl Search: Conduct a crawling search around the perimeter of the 4th floor, a distance of approximately 75 feet. Pick up the hose pack, return it to the ground and place the hose pack in a designated area.
- Event 12: SCBA Cylinder Carry/Hose Hoist: Pick up two SCBA cylinders (connected at the valve with a strap) and place the strap over the shoulder. Climb exterior stairs to the 3rd floor and place cylinders in a designated area. Using a rope, hoist a 1.75-inch hose line up to the 3rd floor landing and over the railing. Place hose line nozzle in a designated area, pick up cylinders and return to the ground.

Physical Ability Test Procedures:

To prevent injury, supervised stretching exercises will be conducted prior to each participant beginning the test.

Participants will be allowed to wear athletic shoes and kneepads in place of structural firefighting pants and boots.

Events 1 and 2 are pass/fail, non-timed events.

Event 1 will be conducted without protective clothing.

Event 2 – Event 12 will require protective clothing (structural firefighting coat, helmet, gloves and SCBA w/o mask).

Event 3 – Event 12 are timed events with time starting at the beginning of Event 3 and time stopped at the completion of Event 12. The maximum accumulative time for successful completion of Event 3 – Event 12 is nine (9) minutes and thirty-two (32) seconds.