



Recruit Firefighter Physical Assessment

Physical Assessment

The Recruit Firefighter Training Course aims to give you the skills, knowledge and confidence to undertake firefighting duties.

In order to be considered for the NTFRS Recruit Firefighter Training Course you are required to undertake a number of physical tests including a beep test to determine your ability to meet the physical demands of the Training Program.

Beep Test

The first stage of the physical assessment is the Beep Test where candidates who pass the initial application stage will be tested on their cardiovascular fitness. The beep test consists of a shuttle run, where a level of 9.6 must be obtained for the applicant to progress further in the recruitment process. The beep test will be held on a date prior to the Physical Aptitude Test.

Physical Aptitude Testing (PAT)

The NTFRS has designed a physical assessment for all applicants to undertake. The assessments consist of both fitness and simulated on-the-job tasks and is therefore considered a valid indicator of the applicants ability to successfully complete physically demanding tasks as required by operational Firefighters at emergency incidents.

If an applicant is unable to complete a task in the allocated time, they may, with the permission of the instructor, continue on with the whole challenge test. The applicant will be notified during testing of this outcome and will be confirmed in notification by mail.

This will allow the applicant to experience the whole challenge test should they apply again.

Applicants should consider their preparation before the physical assessment such as:

- ***Hydration***
- ***Food intake***
- ***Suitable foot wear and clothing for humid conditions (a change of clothing is recommended).***

The following descriptions assess the applicant's fitness to participate.

	Task	Test Focus	Description
STAGE 1			
1	Single-sided jerry can carry	Upper body strength and endurance, grip strength, shoulder stability	The applicant is required to adopt a unilateral grip on a 26kg jerry can and walk a distance of 195m distance. The candidate may swap which hand they are carrying the jerry can in as many times as they wish, however it must only ever be carried with one hand at a time.
2	Stair climb with single-sided jerry can carry	Upper body strength and endurance, lower body strength and power	The applicant is required to adopt a unilateral grip on a 17.5kg jerry can and step up and down a 26cm step 36 times. The candidate may swap which hand they are carrying the jerry can in as many times as they wish, however it must only ever be carried with one hand at a time.

3	Rescue tool static holds	Upper body strength and endurance, shoulder stability	The applicant is required to perform 40 second static holds at 3 different heights with an 19kg rescue tool, which must remain parallel at all times. The 3 different heights are: - Above shoulder height - Hip height - Below knee height
4	Repeated hose drag	Cardiovascular fitness, upper and lower body muscular strength, power and endurance	The applicant must grip the branch or hose (11kg) and advance forward along the designated 30m corridor, completing 150m distance in total (5 laps). There is a drag force of 26kg.
Stage 2			
5	Reduced Visibility Search	Claustrophobia	The applicant is required to wear a frosted face mask which will reduce visibility but will not affect breathing ability. The applicant must then navigate through a dark space as directed by their assessor.
STAGE 3			
6	Fire Attack	Functional strength and endurance	The applicant must grip the branch or hose (11kg), adopt a crawling posture and advance forward along the designated 30m corridor with their entire body below the 1.25m height level, completing 30m distance in total. There is a drag force of 26kg
7	Firefighter Rescue	Whole body functional strength, endurance and power, aerobic and anaerobic capacity	The applicant must lift the 30kg firefighter harness interface off the ground and walk 10m backwards in a half squat against a 26kg drag force. Their entire body must remain below the 1.55m height line

Further Information

All personal protective clothing including turnout coat and helmets will be provided on the day of assessment by the NTFRS.

Applicants will be responsible for providing all personal attire such as shorts, shirts and appropriate sporting footwear.

Cold water will be provided on the assessment day. Each applicant must ensure that they adequately hydrate throughout the day to avoid heat related illnesses.

Note: NTFRS Training and Development Command maintain the right to amend sections of the physical assessment as required without prior notification.