



West Metro Fire Rescue

433 S. Allison Parkway
Lakewood, Colorado 80226

Bus: (303) 989-4307
Fax: (303) 539-9567
www.westmetrofire.org

Applicant Name: _____

PHYSICAL ABILITY TEST (PAT) DESCRIPTION

**PHYSICIAN'S RELEASE
DISTRICT RELEASE, WAIVER, AND INDEMNITY
AGREEMENT**

Following is a list of testing criteria used by West Metro Fire Protection District during the Physical Ability Testing for Firefighter/Paramedic position. *NOTE: Tests may be adjusted to cover safety/equipment concerns.*

Physical Ability Test Consists of:

Section 1:

- Climb to 7th floor landing with 20lb-high-rise pack over the shoulder.
- Descend to 3rd floor; hoist 50-pound bag up to the 3rd floor window.
- Raise and lower hose-bundle about 50 feet under control.
- Drag a 1 ¾" charged hose line 75 feet.
- Drag or lift an approximately 165-pound dummy 70 feet.
- Carry a 40lb-fan 150 feet and place on a 4 foot platform.

Section 2:

- Applicants rest exactly 2-minutes and then complete section 2.
- Wear an approximate 40-pound weight vest and run/jog ¼ mile in 3:30 or less.

*Applicants will do the events in fitness attire while wearing an empty SCBA bottle (without mask) for Section 1. Will wear 40 lb. vest for Section 2
Applicants must complete both sections in less than 8 minutes and 31 seconds.*

DATE: _____

I, hereby certify that _____ has undergone a medical examination and is free of any known physical conditions, which would preclude him/her from participating in the above reference Physical Agility Examination for the West Metro Fire Protection District.

Physician Signature: _____

(Physician Print Name)

Physician's Address: _____
