

Airservices Australia
Aviation Rescue Fire Fighting Services (ARFFS)
Physical Aptitude & Functional Performance Tests

Physical Aptitude Tests

The top candidates who are successful at the online testing stage and meet Airservices' recruitment principle of fairness and equity, may then be invited to participate in physical aptitude testing.

The purpose of physical aptitude testing is to assess fitness, strength, endurance, balance, coordination and functional ability of each individual to perform the full range of functions of an Aviation Rescue Fire Fighter without exposing themselves or others to injury.

The Aviation Rescue Fire Fighting (ARFFS) Physical Aptitude Test (PAT) consists of a series of tasks which simulate work carried out by fire fighters at emergency incidents. The PAT is used to gauge if a candidate's physical capability is suitable for successful completion of the recruit training course and a career Aviation Rescue Fire Fighter.

During the PAT, candidates will be required to wear:

- personal protective equipment
- self-contained breathing apparatus (excluding face piece)
- fire fighting helmet
- gloves
- ankle weights to replicate the weight of firefighting boots

All stages of the PAT must be completed satisfactorily and within the prescribed timeframes for the candidate to be considered suitable to be progressed to the next step of the recruitment process.

The assessment will be administered by a qualified and suitably trained Aviation and Rescue Fire Fighting Physical Training Instructor (PTI).

Candidates who do not meet the minimum requirements on the PAT tests will not progress to the Functional Performance Tests. They are deemed as unsuitable on the day and will be notified that their application is unsuccessful through a recruitment system email within 14 days of undertaking the tests.

The PAT is divided into three stages, each of which has particular criteria and requirements for each of the tasks.

Stage One (not timed)

Simulated ladder raise	Using the resistance reel and straight bar attachment loaded to 29 kg of vertical force, this test simulates the raising and lowering of a 10.5 metre ladder.
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Stage Two (must be completed in 15 minutes or less)

Single-sided jerry can carry	The task involves gripping a 26 kg jerry can in one hand and lifting it off the ground, using a half squat. The single sided jerry can carry simulates repeat work efforts involving manual handling of equipment. Candidates will be required to carry the jerry can, a distance of 195 metres – this is six and half laps of the marked 30 metre course.
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Stair climb with single-sided jerry can carry	<p>For this task candidates will be required to grip a 17.5 kg jerry can in one hand and lift it using the half squat lift. The stair climb with single sided jerry can carry simulates load carriage of equipment whilst climbing stairs.</p> <p>The candidate will be required to step up and down for 36 steps. A complete step is both feet on the step and both feet returning to the ground.</p>
Rescue tool static hold	<p>Using the 19 kg simulated rescue tool candidates will perform three static holds at different heights.</p> <p>This task simulates the use of operational equipment to gain access to persons involved in incidents. The rescue tool is held at shoulder level, waist level and knee level</p>
Repeated hose drag	<p>A length of hose weighing 11 kg, attached to the resistance reel with 33 kg of drag resistance, is advanced three times over a 30 metre straight course. The purpose is to replicate repeat efforts required to move an operational firefighting hose. The hose will be dragged for 30 metres three times.</p>

Stage Three (must be completed in two minutes or less)

Fire attack simulation	<p>A length of hose weighing 11 kg, attached to the resistance reel with 27 kg of drag resistance, is advanced by the candidate in a crawling position over a 30 metre straight course. This is done once.</p>
Simulated fire fighter rescue	<p>To commence this task, candidates must squat or lunge down and grip the handle straps of a SCBA back plate with 30 kg of weight plates and 27 kg of drag force, moving it into a vertical position.</p>

Functional Performance Tests

Candidates who meet the minimum requirements on PATs are required to complete the Functional Performance Tests (FPT). These have been designed to assess the candidate's ability to perform three primary job functions required of an Aviation Rescue Fire Fighter.

- Fire vehicle driving functions
- Fire vehicle operator functions
- Equipment acquisition functions
- Working in confined Spaces
- Working at Heights

The tests are to be carried out on the Ultra Large Fire Vehicle type in operation at the testing location and will be demonstrated by the PTI prior to the commencement of the FPT activities. For the duration of the tests, the vehicle will remain stationary with the park brake on.