



Hertfordshire Fire and Rescue Service

National Firefighter Selection Physical Tests

SHUTTLE RUN (BLEEP TEST)

This is an assessment of fitness and determination. Candidates run between two points 20m apart at a progressively faster rate. The entry level for Hertfordshire Fire & Rescue Service is level 8.8

LADDER CLIMB

This is a test of confidence whilst working at height. Candidates must ascend a ladder and take a leg lock. Then lean back with arms outstretched look over their shoulder and identify a number shown below. Untimed.

CASUALTY EVACUATION

This is a test of lower and upper body strength. Candidates must drag a 55kg dummy around three sides of a 10x10m course. This is a timed test

LADDER LIFT

This is a test of upper and lower body strength. Candidates must safely lift and lower a bar with a 15kg weight, above a point 1.9m off the ground. Untimed.

ENCLOSED SPACE

This is a test of confidence, agility and possible claustrophobia whilst working in an enclosed space. Candidates must negotiate a crawling gallery whilst wearing a breathing apparatus mask. Half the test will be with clear vision and half the test will be with obscured vision. This is a timed test

EQUIPMENT ASSEMBLY

This is a test of manual dexterity. Candidates must assemble and then disassemble items of equipment. This is a timed test.

EQUIPMENT CARRY

This is a test of upper and lower body strength. Candidates must carry a series of equipment up and down a course between cones that are 20m apart. This is a timed test.