

Barrow County Emergency Services  
222 Pleasant Hill Church Road NE.  
Tel 770-307-2987 Fax 770-307-3781  
John W. Skinner, Chief  
[www.barrowga.org](http://www.barrowga.org)



## **Employee Annual/New-Hire Work Performance Test**

All PT safety rules will be followed to ensure a safe and enjoyable training environment. The list of rules were provided to you prior to completion of WPT.

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Candidates will be timed for the duration of the WPT, after which completion time shall be recorded. The total time limit is 12 minutes.

All candidates participating in Barrow County Emergency Service's Work Performance test must wear a 20lb weighted vest, gloves, and helmet. Candidates shall be provided all items listed; and such items should be inspected for proper function/fit before beginning.

**Station 1: Stair Climb-** Candidates will climb three flights of stairs (burn building) three times down and up, hitting every step. On the first rotation, the candidate will only take him/herself to the top (fourth story) and back. On the second rotation, the candidate should carry a "high-rise pack" (100ft 1'3/4" hand line) to the top and back. The third rotation will consist of the candidate having to climb to the top, and lift, hand over hand, a rope approximately 25ft in length attached to 50' section of 3" hose above the top of the rail and let back down in the same manner as it was lifted.

**Station 2: Dummy Drag-** Candidates are given a 165lb manikin and will have to drag it 25ft around a cone and back 25ft, totaling 50ft. The manikin can be lifted and carried or dragged with harness already attached.

**Station 3: Keiser Sled-** Candidates are given a 9lb 30in dead blow sledge mallet and shall strike the Keiser sled from one edge to the other.

**Station 4: Hydrant and Hose Drag-** Candidates must attach a gate valve to one side of hydrant and 3" hose to the other, then must turn fire hydrant ALL the way on totaling approximately 20 turns; then candidates must drag 100ft 1'3/4" hand line approximately 100ft and spray water to hit two cones. The cones must be knocked over to continue on.

**Station 5: Tool Carry-** Candidates are given one chain saw and one circular saw. The candidate shall remove both from "over-tire" compartment one at a time, and carry each tool simultaneously 25ft down around a cone set each tool down and raise up in the erect position, pick tools back up and go back, totaling 50ft. The candidate then must place each tool by the truck compartment from which it came.

**Station 6: Pike Pole Pull-** Candidates will have to pull a 4ft pike pole which will be hooked to a rope that is attached to one 45lb sand bag for 10 repetitions. Candidate will have to pull the pike pole approximately 30 inches or until the bag passes the pre-measured point. \*\*\*Note- the bag must touch the ground in between each repetition.

**Rest and Recovery:** Each candidate will have vital signs assessed before and after the WPT; the vitals taken after the WPT will occur in 1 and 5 minute intervals. All vitals shall be recorded and turned in with overall pass/fail time.