



Oxfordshire Fire and Rescue Service



Physical / Practical Assessments – On Call Recruitment Process

The Firefighter selection assessments are job-related tests to ensure that you have sufficient practical ability to handle fire service equipment, you can work in confined spaces and you are confident working at heights. Full instruction is given on the day and you will be provided with fire service protective clothing to wear.

- **Confined Space Test** - you will be required to negotiate a crawling gallery. You will wear a breathing apparatus face mask with obscured vision.
- **Ladder climb** - you will be required to climb a ladder to two-thirds of its height and down again and take a leg lock releasing your hands from the ladder. You will be wearing a full safety harness whilst carrying out the test at height.
- **Ladder Lift Simulator Test** - This simulates lifting a quarter weight of a 13.5 metre ladder. You will need to combine upper and lower body strength and co-ordination to lift the ladder simulator to the required height and lower it safely under control, with the cradle loaded with 15kg.
- **Casualty Evacuation Test** - You will drag an adult sized casualty dummy around a 30 metre course. This test must be completed within 41 seconds and is at walking pace.
- **Equipment Carry Test** - Wearing full fire kit you will carry various pieces of Fire Service equipment over the length of the course around 2 cones which cover a distance of 25 metres.
- **Equipment Assembly Test** - You will be given a piece of fire service equipment to assemble and then disassemble, following the instructions provided.

A number of these tests are timed, you will be informed of the time restrictions on the day.



Oxfordshire Fire and Rescue Service



For applicants who have not done much physical fitness work for some time, it is recommended that you seek advice from your Doctor before taking part in the assessments. In this way you can assist in looking after your own safety.

The Service considers personal safety very seriously and equipment you will use, during the tests will have been examined, tested and maintained. Applicants should expect to perform tests in controlled and disciplined surroundings.

Retesting Procedure

If you fail any aspect of the tests you will be given advice (if the failure is related to strength or fitness) and informed that you can attend again.