



DOYON UNIVERSAL SERVICES, LLC

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Firefighter WorkSaver Exam

Step Test Criteria

As a part of the WorkSaver exam, applicants will be required to complete a three minute aerobic step test before completing any of the essential testing criteria for their specific position in which they are applying. This test is not job specific but used as an assessment tool. During this step test, the heart rate is monitored to determine an applicant's aerobic fitness level. An applicant will be required to get a medical release from their private physician if any of the following situations occur:

- a) Blood pressure exceeds 200 mmHg at any time during the step test
- b) Heart rate does not fall under 100 beats/minute following completion of the step test in a reasonable amount of time (less than 10 minutes)
- c) An abnormal heart rhythm is detected before, during or after test

Essential Testing Criteria

- Two-handed Floor to Knuckles Lift Test: Lift 70 lbs. x 2
- One-handed Floor to Knuckles Lift Test: Lift 51 lbs. x 2
- Floor to Waist Lift Test: Lift 60 lbs. x 2
- Floor to Shoulder Lift Test: Lift 57 lbs. x 2
- Floor to Crown Lift Test: Lift 52 lbs. x 2
- Two-handed Carry Test: Carry 75 lbs. with two hands for a distance of 50 feet, self-paced, continuous
- One-handed Carry Test: Carry 51 lbs. with one hand for a distance of 50 feet, self-paced, continuous
- Push Test: Push horizontally with a peak force of 140 lbs. with two hands x 3
- Pull Test: Pull horizontally with a peak force of 185 lbs. with two hands x 3
- Twist and Stoop Test: From standing, perform alternate cross over toe touches x 5 to each side, self-paced, continuous
- Kneeling Test: From standing, kneel on one knee and return to standing. Alternate to kneeling on opposite knee. Repeat kneeling sequence x 5 for each knee, self-paced, continuous
- Squat Test: Functionally squat x 5, self-paced, continuous
- Stair Climb Test: Climb up and down a total of 50 steps, self-paced, continuous
- Ladder Climb Test: Climb up and down 20 rungs, self-paced, continuous
- Carrying and Stair Climb Test: Carry 51 lbs. with one hand and stair climb (ascend/descend) 25 steps, self-paced, continuous, holding onto railing with other hand for safety
- Shovel Test: Shovel for 5 minutes, self-paced, continuous
- Heights and Confined Spaces: Employee must be able to work safely at various heights and confined spaces.