

# PHYSICAL ABILITIES ASSESSMENT - HOSE DRAG

## HOSE DRAG

### Purpose of the Test

This test is designed to simulate the task of dragging out a 25mm hose line. It tests muscular strength and endurance of the arms and legs.

### Assessment Process

Wearing structural personal protective clothing without breathing apparatus, applicants will grasp the end of a 25mm fire hose full of water which has been placed on the ground and drag it up an incline with a slope of 5° for a distance of 30 metres to a marked point (also the eventual finishing line). Applicants will return to the start line, pick up the hose where it crosses the start line and, holding it in two hands behind the back, drag it up the incline for a distance of 30 metres to the same marked point. Applicants will then return to the start line for a final time, pick up the hose where it crosses the start line and, holding it in two hands behind the back, drag it up the incline for a distance of 30 metres and place it on the finish line. By the time this task is completed, the applicant will have moved a total of 90 metres of hose.

The assessment is to be completed at a **brisk walking pace**. If you run you will be issued with a warning. The time limit is **1 minute, 25 seconds**.

### Warnings and Disqualifications

Applicants will be given a warning if they stumble without their hand(s) touching the ground and will be disqualified if they receive a second warning or if they:

- Completely stop i.e. cannot continue dragging the hose.
- Run during any stage of the assessment.
- Drop the hose.
- Fall over.

### Success Criteria

Applicants will have to complete the test in 1 minute and 25 seconds and receive no more than one warning.

[▶ Watch Hose Drag Video](#)

**NOW'S YOUR TIME.**

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