

PHYSICAL ABILITIES ASSESSMENT - TOWER/LADDER CLIMB AND CONTAINER HAUL

TOWER/LADDER CLIMB AND CONTAINER HAUL

Purpose of the Test

The Tower/Ladder Climb tests your ability to climb heights and is also used to identify whether you will be able to work at heights. This test is designed to simulate the critical tasks of climbing stairs/ladders and hauling equipment up several floors through a vertical distance. It tests your aerobic capacity, lower body muscular endurance and upper body muscular strength and endurance.

Assessment Process

Wearing structural personal protective clothing with breathing apparatus, a safety harness and line will be fitted to applicants ascending the ladder. Applicants will be required to climb the ladder to a 15m platform and climb onto the tower platform. When climbing, applicants must grasp the ladder rungs, not the side rails, and concentrate on placement of hands and feet. Applicants are to move smoothly, safely and continuously. Once on the platform, applicants will then haul a 15kg weight (plastic drum containing 15 litres of water) for a distance of 8 metres, lift it over the rail and lower it 1m onto the platform floor. A hand-over-hand method will be used to lift the weight. Applicants will then go to the side of the tower, lean over and read two symbols held below and state what they are before descending the ladder to the ground.

Warnings and Disqualifications

Applicants will be given a warning if their feet slip off the rungs or lose control of the container. If either occurs a second time the applicant will be disqualified.

Applicants will be immediately disqualified if they:

- Don't grasp the rungs when climbing or descending.
- Don't follow the supervisor's instructions during the task.
- Don't use the hand-over-hand lifting method.
- Don't lift the container over the rail and place it on the platform.
- Don't look down, read and callout the symbols.
- Can't proceed (freeze) or fall off the ladder.

Success Criteria

The applicant will have successfully completed the test by climbing the ladder, hauling the container and identifying the symbols within 96 seconds without receiving more than one warning.

[▶ Watch Tower/Ladder Climb and Container Haul Video](#)

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