

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

For this test applicants will be wearing structural personal protective clothing without breathing apparatus.

- When the assessor says “go”, applicants will drag out the hose up an incline of 5 degrees for a distance of 30 metres to the marked position and place the hose branch on or past the line.
- They will return, at a brisk walking pace only (no running downhill), to the start and drag another 30 metres of hose to the same position and place the hose on, or beyond the marked line.
- They will repeat this again until they have dragged a combined total of 90 metres of hose and place their foot on the line to finish.
- The assessment must be completed within 1 minute, 25 seconds.

Warnings and Disqualifications

Applicants will receive a warning if they:

- run down hill when not dragging the hose
- fall over or stumble
- step outside the designated area.

Applicants will be disqualified if they:

- fail to reach the 30 metre line in any hose drag
- receive a second warning
- stop and can't continue.

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](#)

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