



*City of Dublin*

FIRE DEPARTMENT  
Matthew Cutler, Chief

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**MIMIMUM PHYSICAL AGILITY REQUIREMENTS**

I \_\_\_\_\_ hereby acknowledge that I expect nothing other than the opportunity to seek employment with the Dublin Fire Department. I understand that Firefighting is a strenuous and stressful job with the chance of elevated risk. I shall adhere to and practice all safety directives and admonitions as directed. It is further understood that I hold harmless The City of Dublin, Fire Department or any of its employees thereof of any injury(s) or death that may occur as a result of my participation in this exam.

1. Run one and one-half (1.5) miles within thirteen minutes. Pass or Fail.
2. Perform thirty-five (35) bent knee sit-ups within two (2) minutes. Pass or Fail.
3. Perform twenty-five (25) standard push-ups. Pass or Fail.
4. Given a beam secured at floor level and measuring twenty (20) feet long by three (3) or four (4) inches wide, and given a section of fire hose weighing at least twenty (20) pounds shall walk the length of the beam, carrying the hose, without falling off, or stepping off the beam. Pass or Fail.
5. Given a weight of one hundred twenty-five (125) pounds, shall lift the weight from the floor and carry it one hundred (100) feet without stopping. Pass or Fail.
6. Starting from an erect position with feet approximately shoulder-width apart, shall move a fifteen (15) pound weight in the following manner: bend over, grasp the weight with both hands while it is at a point on the floor between the feet, and lift the weight to waist level, then place the weight on the floor approximately twelve (12) inches outside the left foot, and without letting go, raise the weight to waist level and touch the floor approximately twelve (12) inches outside the right foot. The weight shall then be moved alternately in this fashion until it has been moved seven (7) times in each direction for a total of fourteen (14) moves. This shall be done within thirty five (35) seconds. Pass or Fail.
7. Candidate must climb fully extended aerial ladder to the top lock in and climb back down. Ladder must be raised to a minimum of 50 to 60 degrees.

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**Candidate**

\_\_\_\_\_  
**Witness**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Title**