

PAT TEST DESCRIPTION

Below you will find the steps and requirements for the PAT test. Each evolution of this test must be successfully completed in order to continue with the hiring process. This test is required by the Oklahoma Firefighter Pension and Retirement System in order to be considered for employment

Mile and a half (1 ½) run

- Must be completed within 13 minutes

SIT-UPS

- Perform 35 bent knee sit-ups within 2 minutes

PUSH-UPS

- Perform a minimum of 25 push-ups (standard)

BALANCE BEAM WALK

- Walk a 20ft long by 3-4 inches wide balance beam carrying a length of fire hose weighing at least 20lbs without stepping off the beam

WEIGHT CARRY

- Lift a weight of 125lbs from the floor and carry the weight 100ft without stopping

FLEXIBILITY TEST

- Starting from erect position with feet shoulder width apart, shall move a 15lb 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 12in outside the right foot. The weight shall then be moved alternately in the fashion from left foot to waist level to right; right to waist level to left until it has been moved 7 times in each direction with the total horizontal distance of travel being at least 21 in. more than the space between the feet for each of the 14 moves. This shall be done in less than 35 seconds.