



LADDER EXTENSION TEST

To complete the assessment successfully you will need to combine upper body/grip strength and co-ordination to raise the weight to a required height and lower safely under control in 20 seconds.

Two attempts are permitted on this assessment

This test simulates extending a fire service ladder. To complete the test successfully upper body strength and co-ordination will need to be combined.

- Take hold of the extending line, and then pull down on the line until the marked point is reached.
- On reaching the marked point: stop and on instruction, let go of the line.
- When instructed, take hold of the line and lower the weight under control to the ground.

A safety officer will then demonstrate the correct lifting and lowering technique.

Firmly grasp the extending rope at or above head height. Using a hand-over-hand method pull down on the rope and the weight will rise. Continue in this manner until the weight reaches the required height (indicated when you reach the red mark on the hauling line).

There will be 20 seconds to complete this part of the test. When instructed the line must be let go of. When instructed lower the weight under control, again using the hand-over-hand method, until the weight reaches the bottom.

Do not allow the weight to plummet. The descent part of the test will not be timed. The time will start as soon as the rope is pulled and will stop when the red tape mark is reached on the extending line.