



NON-ASSESSABLE LADDER EXTENSION

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

- 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 you reach a red marker on the line.
- When the red marker is reached, you will be directed to stop and completely let go of the line.
- You will have 20 seconds to complete this part of the test.
- When instructed, slightly raise the line to disengage the brake system and then lower the weight under control, again using the hand-over-hand method until the weight reaches the floor.
- You must keep full control of the line on the lower. You will not be timed for the lowering part of the test.
- The time will start as soon as you pull on the rope and will stop when the red marker is reached.