



HOSE RUNNING TEST

This test involves running out, under running and making up standard fire service hose. To complete the test successfully correct technique must be applied, combined with strength and stamina.

- The candidate will be required to run out a length of hose to its full length.
- Walk back to the male coupling and under run the hose.
- Once under run, the hose is to be made up and taken back to the start point.
- This will be repeated four times within 8 minutes.

A safety officer will then demonstrate, emphasising the correct techniques to use.

- Place the male coupling on the ground, do not drop it.
- Place your right foot on the hose and grasp the lugs – keeping your knees bent and back straight.
- Grip the lugs with thumbs uppermost.
- Lift the hose and move forward in one dynamic sweeping action. The hose should be lifted to shoulder height and be held to the side of the body away from the face. Continue to run out the hose until the end is reached.
- When the end of the hose is reached place the female coupling on the ground, do not drop it.
- Briskly walk back to the male coupling, place the hose over the shoulder placing the male coupling on the ground. Walk forward feeding the hose over the shoulder with a hand over hand method, keeping a smooth sweep in the hose in front of the candidate's body.
- When the end of the hose is reached place the female coupling on the ground, do not drop it.
- Make up the hose by rolling it around the female coupling in a hand over hand method as tightly as possible.
- Demonstrate how to straighten it up when it goes out of shape and take up any slack.
- The hose must be rolled over the male coupling when the end is reached and when carried back to the starting point.
- This task will need to be completed four times in 8 minutes.