

NEW JERSEY FIRE FIGHTER EXAMINATION (NJFFE)
POST-WRITTEN TEST TIMELINE AND CANDIDATE RESPONSIBILITIES
INFORMATION SHEET

- Eligible lists resulting from the written portion of the NJFFE are expected to issue by March 2019.
- If you pass the written portion of the NJFFE, your name will appear on all lists for which you qualify, based upon your veteran status, rank (written test score), volunteer points, and residency.
- If your rank is high enough on a list, **AND** Fire Fighter vacancies exist in your eligible residency jurisdiction(s), your name may be certified (i.e. sent for consideration) to that jurisdiction's Appointing Authority (AA) for further consideration.
- Those who have been certified must take and pass the Physical Performance Test (PPT) to be appointed. Therefore, shortly after taking the written portion of the NJFFE, you should go to the New Jersey Civil Service Commission's (CSC) website (<https://nj.gov/csc/about/news/safety/index.html>) to review the PPT Physical Fitness Manual and begin preparing for the possibility that you will be scheduled to take the PPT at some point in the future. A link to a video depicting the PPT is available on the CSC website. Pass-points are five minutes for the obstacle course, 40 seconds for the darkened maze crawl, and 33 seconds for the ladder climb.
- If your name is certified to an AA, a certification notice will be sent to the mailing address you listed on your application for the NJFFE. Therefore, you **MUST** notify the CSC if your mailing address changes from the one you entered on your NJFFE application.
- If you receive a certification notice in the mail, you will be given five business days from the notice date to respond in writing to the AA that you are interested, or not interested, in the job. If you do not respond within this timeframe, your name will be removed from the certification and you will no longer be considered for appointment.
- If your name is certified, and you believe you are physically incapable of successfully completing the PPT (due to injury or current fitness level), you should respond to the AA as "not interested at this time, but retain my name for future certifications." Please refer to the Fire Fighter Administration Guide for medical make-up information and procedures.
- If you respond to the AA as interested in the job, you should go to the CSC website and look under "Forms" to print the medical clearance form. Make an appointment with a physician as soon as possible, to have your medical clearance form completed and signed by the physician, certifying that you are physically capable of safely completing the PPT. Properly completed and signed medical clearance forms are good for six months from the date they are signed by the physician.
- Once the AA receives your letter of interest, they will notify the CSC. Interested candidates will then be scheduled **VIA EMAIL** by the CSC to take the PPT. Notices to appear to take the PPT will be sent to the email address that you used when you applied for the exam or to an updated email address you provide. Therefore, you **MUST** notify the CSC if your email address changes from the one you used to apply for the NJFFE. PPT notices will be sent from this email address: PPTschedule@csc.nj.gov. The CSC highly recommends that you add this email address to your safe sender list, or your PPT notice may end up in your email spam folder.
- If you take and pass the PPT, the CSC will notify the AA that you have passed and are now eligible to move forward in the AA's selection process. The AA will then contact you directly regarding the next steps. Passing PPT candidates will not have to retest on the PPT for the life of the list. Therefore, if you are not selected off the current certification, but are certified later for the same jurisdiction or a different one, you will not need to retake the PPT.
- If you fail the PPT, do not show up for your scheduled PPT date and time, or do not provide a properly completed and signed medical clearance form, you will be removed from ALL Fire Fighter lists.
- Any candidate who is injured while completing the PPT should file for a medical make-up exam. He/she may be bypassed on the current certification, but may be included on a future certification. The candidate **MUST** then bring a newly completed and signed medical clearance form and retake and pass the PPT.

This form along with additional information related to the NJFFE is available on the CSC Website:
<https://nj.gov/csc/about/news/safety/index.html>

FIRE FIGHTER PPT

DESCRIPTION OF EVENTS

The physical performance examination is designed to measure the degree of your physical fitness; emphasis is placed on physical strength, endurance (cardiovascular efficiency), and speed. The **OBSTACLE COURSE** consists of a single, continuous non-stop series of physical activities as described below. The **LADDER CLIMB** and **DARKENED MAZE CRAWL** will involve a lesser number of activities. Your success in passing the PPT is determined by your ability to complete the **OBSTACLE COURSE**, **LADDER CLIMB**, and **DARKENED MAZE CRAWL** within a set period of time. If you do not follow directions and the pattern of the obstacle course, you may be required to re-start the course from the beginning, with only a brief rest period.

OBSTACLE COURSE

You will be wearing a weighted vest (40 lbs.) throughout the **OBSTACLE COURSE** to simulate the protective clothing and gear worn at a fire scene. In the pictured outline of the course provided, the candidate is shown to start at the 2 1/2" hose drag in the upper right corner of the diagram. During the actual test, every candidate will begin at this point. The **OBSTACLE COURSE** is a timed event and candidates are to move continuously from start to finish as quickly as possible without running.

The obstacle course event begins by placing the end of a 2 1/2" supply line hose (55 lbs.) over one shoulder and across the chest. At the command "Ready, go," the hose is dragged a distance of 75 feet. The candidate then drops the hose and proceeds to the fire hydrant.

The fire hydrant has two outlets, with a hydrant cap loosely screwed onto one of the outlets. The candidate must unscrew the cap for that outlet and attach it onto the other outlet to a hand tight position. The candidate then proceeds to the K-12 saw.

The candidate lifts the K-12 saw (30 lbs.) from its box and carries it 37 1/2 feet out and around the right side of a cone and returns the saw to the box from which it was originally taken. The candidate then proceeds to the simulated 24' ladder fly raise.

Using a 3/8" rope, the candidate pulls downward on the rope in a controlled manner to raise a weight (42 lbs.) until it hits the top of the pulley from which the weight is suspended. The weight is then similarly lowered in a controlled manner until it rests in its starting position on the floor. The candidate then proceeds to the 50 pound high rise pack.

The candidate picks up the high rise pack (50 lbs.), using the shoulder strap to support the weight. While carrying the high rise pack, the candidate proceeds to the stairs. Each climb and descent equals one cycle. The candidate must place a foot on each step and both feet on the ground at the completion of each cycle. The candidate completes 12 cycles before returning the high rise pack to its original location on the floor. The candidate then proceeds to the 1 3/4" hose.

The candidate picks up the nozzle end of the hose (50 lbs.), drapes the hose over the shoulder and across the chest, and drags it 62 1/2 feet to and around a vertical stanchion, and back 62 1/2 feet to the starting point. The candidate then proceeds to the 40 pound fire extinguisher.

Picking up the extinguisher (40 lbs.) with either hand,

the candidate carries it 50 feet toward and around the right side of a cone and then back along the same path to its original location. The candidate then proceeds to the 165-pound mannequin drag.

The candidate holds the mannequin by straps attached to the back of the mannequin's neck, and drags it 36 feet while walking backward. The candidate then proceeds to a simulated debris box, weighing 50 pounds.

The candidate carries the debris box 37 1/2 feet to and around the right side of a cone and returns along the same path, placing the box back in its original location. The candidate then proceeds 10 feet to the finish line, and the **OBSTACLE COURSE** portion of the physical performance test is concluded.

DARKENED MAZE CRAWL

The purpose of the maze crawl is to determine the candidate's ability to traverse from point A to point B in a confined space, with no visual cues, and within a reasonable length of time. There are several curtains along the interior of the maze and several minor obstacles on the floor.

The candidate will enter the maze and get into a crawling position with his or her hands behind the starting line. When the candidate is in position, the outside cover will be closed, cutting off any light to the interior. At the command "Ready, go," the candidate will crawl through the maze until reaching the finish line. When the candidate reaches the finish line, the exercise is complete.

LADDER CLIMB

The purpose of the ladder climb is to determine the candidate's ability to ascend to height, perform work, and return to the ground unassisted and within a reasonable length of time.

The candidate puts on a safety harness, to which a safety line is attached. At the command "Ready, go," the candidate ascends the ladder, holding either the rails or the rungs, until the candidate's feet are at a height of 18 feet. The candidate then rings a bell suspended above his or her head, and then returns to the ground. The first foot that touches the ground signifies completion of this exercise.

