

# CABOT FIRE DEPARTMENT

## ENTRY LEVEL LADDER CLIMB

### Ladder climb

Prior to the administration of the physical test you will complete the ladder climb evolution. The ladder climb is a pass or fail event. Wearing a Firefighting helmet, gloves, and ladder belt (all will be provided for your use) you will climb to the top of the ladder, touch the top rung, and return to the bottom. The ladder is 75' high and will be set up at a 75° angle. You will be belayed during the evolution by a rope and ladder belt for your safety. This is not a timed event. Safety is our and your primary consideration.

