

Forcible Entry Simulation



Starting from an erect position, the applicant picks up the 4.5 kg (10 lbs) steel sledge hammer and uses it to strike the mechanically braked target surface of the forcible entry apparatus.

The test clock starts as soon as the participant reaches for the hammer which is standing on the floor in front of the apparatus, and stops as soon as a buzzer goes off, indicating the end of the test.

This test assesses muscle strength and power, particularly in the upper body. The test must be completed safely in less than 16 seconds.

