



**Engineer Proponent Approved High Physical
Demand Task Guidebook**
06 November 2017



U.S. ARMY

HIGH PHYSICAL DEMAND TASKS BOARD AGENDA



- **TRAINING UNIFORM AND ITS COMPONENTS**
- **12 A/B/C TASKS**
- **12 D TASKS**
- **12 G TASKS**
- **12 M TASKS**
- **12 P TASKS**
- **12 Q TASKS**
- **12 R TASKS**
- **12 T TASKS**
- **12 V TASKS**
- **12 W TASKS**



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SOLDIER LOAD: 3 COMPONENTS



Uniform



11.89 lbs

Fighting Load (PPE and Weapon):
32.4lbs to 40.4lbs
Range based on difference in IOTV
sizes (SM – LG)



Ruck Sack: 31.87 lbs



Total Weight:



76.16lbs thru 84.16lbs
Range based on difference in
IOTV sizes (SM – LG)



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SOLDIER LOAD: WEIGHTS



BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
Total	11.89

FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	W/ WPN 40.4 W/O WPN 33.06
*Trainees are not issued E-SAPI plates	

FOOT MARCH RUCKSACK PACKING LIST	
Items	Weight (lbs.)
MOLLE Ruck	8.5
Wet Weather Bag	0.3
Wet Weather top/bottom	3.4
Poncho	1.05
ACUs	3.2
T-shirt (1ea)	0.35
Socks (1pr)	0.2
Green Sleeping Bag	2.0
Bivy Cover	2.0
Poncho Liner	1.14
Air Mattress	1.05
Hygiene Kit	3.0
Weapon Cleaning Kit	1.6
Gloves	0.78
E-tool with carrier	3.3
Total	31.87

TOTAL 12-MILE FOOT MARCH LOAD	
Basic Uniform	11.89 lbs.
Weapon and Tactical Equipment (w/ LG IOTV)	40.4 lbs.
Rucksack	31.87 lbs.
Total	84.16 lbs.



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STANDARDIZED TEST UNIFORMS



STANDARDIZED TEST UNIFORMS

TEST UNIFORM NAME	TEST UNIFORM COMPONENTS	TEST UNIFORM WEIGHT
TU 1	BASIC UNIFORM (COMPLETE) FIGHTING LOAD (NO IOTV) RUCKSACK W/PACKING LIST	64.53 LBS
TU 2	BASIC UNIFORM (COMPLETE) FIGHTING LOAD (COMPLETE) NO RUCKSACK	52.29 LBS
TU 3	BASIC UNIFORM (COMPLETE) FIGHTING LOAD (NO WEAPON) NO RUCKSACK	44.95 LBS
TU 4	BASIC UNIFORM (COMPLETE) ACH + HYDRATION SYSTEM (NO WEAPON)	22.24 LBS
TU 5-A (APFT UNIFORM SUMMER)	APFT SHIRT + SHORTS + PT BELT RUNNING SHOES + SOCKS PT BELT	3.07 LBS
TU5-B (APFT UNIFORM WINTER)	APFT SHIRT w/ APFT JACKET + PT BELT APFT SHORTS w/ APFT PANTS RUNNING SHOES + SOCKS FLEECE CAP + GLOVES	7.41 LBS
TU 6	BASIC UNIFORM (COMPLETE) HARD HAT PPE (HEARING PROTECTION, SAFETY GLASSES, WORK GLOVES)	13.29 LBS
TU 12D-1	T-SHIRT + DIVING TRUNKS DIVER BOOTS + SWIM FIN SNORKEL + LIFE PRESERVER + DIVER MASK	9.84 LBS
TU 12M-1	PERSONAL PROTECTIVE ENSEMBLE SELF-CONTAINED BREATHING APPARATUS W/MASK	50 LBS
TU 12M-2	PERSONAL PROTECTIVE ENSEMBLE ONLY	27 LBS

*Weights for Tus 1, 3, 4 and 9 are based on size Large IOTV

•TUs 1, 2 and 3 will be ~4lbs. lighter with a size Medium IOTV and ~8lbs. lighter with a size Small IOTV



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12 A/B/C: CONDUCT 12 MILE FOOT MARCH



Task: Conduct a 12 Mile Foot march

Condition: Wearing **Test Uniform 1** evenly distributed across the entire body as a member of a Platoon or Squad

Standard: Platoon/Squad conducts movement for 45 mins, rests for 15 mins; for each subsequent hour, Platoon/Squad conducts movement for 50 mins, rests for 10 mins; Platoon/Squad completes in 5 hours.

Conduct a 12 Mile Foot March
Wearing / Carrying 64.53 lbs. evenly distributed over entire body and remain able to fight at conclusion of march.

Weight: 64.53lbs
Horizontal Distance: 12mi
Vertical Distance: Terrain Dependent
Time: 5 hours

Weight: 64.53lbs is combined weight of Basic Soldier Uniform (11.89lbs), Fighting Load w/ no IOTV (20.77lbs), and ruck sack (31.87lbs)
Horizontal Distance: 12mi in 5 hours is an average of 20 mins per mile while moving (4 hours moving; 1 hour resting).
Time: 5 hours

-**This is an individual event;** however, it will be conducted as a unit with all safety precautions in place
-Platoon/Squad Leaders may adjust the rate of movement as necessary while still maintaining the ability to complete the task in 5 hours.

*References: FM 21-18





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12 A/B/C: CONDUCT 12 MILE FOOT MARCH



Execution

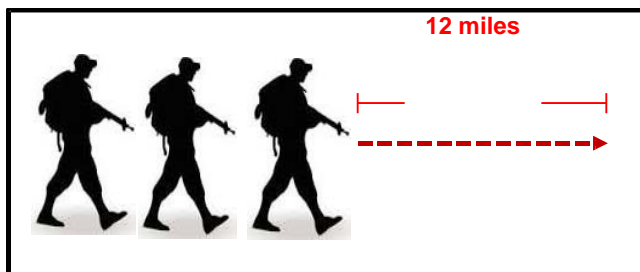
The focus of the 12 Mile Foot March Physical Demands Task will be to evaluate the trainee's ability to complete a 12 Mile Foot March in 5 hours. Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up 12 Mile course.

Uniform Minimum Requirement: Wearing **TU1** 64.53lbs of uniform and equipment

Instructions to Candidate:

"Let me have your attention, at this point, you are about to conduct the 12 Mile Foot March Physical Demand Task. You are required to complete a 12 Mile Foot March within 5 hours on hard ball and/or improved roads as part of an organized unit while wearing/carrying 64lbs. of uniform, fighting load with weapon and ruck sack. You must complete this as part of the unit while utilizing a 45:15 minute walk to rest ratio. Do you understand what you must do?"

If anyone has questions, repeat the instructions but do not elaborate on what you have read.



BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
Total	11.89

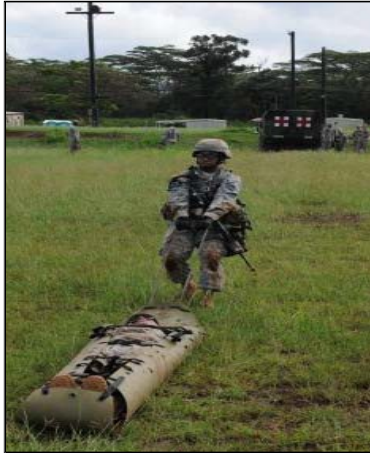
FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	20.77

FOOT MARCH RUCKSACK PACKING LIST (SUMMER)	
Items	Weight (lbs.)
MOLLE Ruck	8.50
Wet Weather Bag	0.30
Wet Weather top/bottom	3.40
Poncho	1.05
ACUs	3.20
T-shirt (1ea.)	0.35
Socks (1pr.)	0.20
Green Sleeping Bag	2.00
Bivy Cover	2.00
Poncho Liner	1.14
Air Mattress	1.05
Hygiene Kit	3.00
Weapon Cleaning Kit	1.60
Gloves	0.78
E-tool with carrier	3.30
Total	31.87



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12 A/B/C: DRAG A CASUALTY TO SAFETY



Task: Drag a Casualty to Safety (Dismounted)

Condition: Wearing **Test Uniform 2**, given a casualty weighing 270lbs, and a 15m course free of any hazards.

Standard: Soldiers will drag a casualty 15m within 3 minutes.

**Soldier on the ground
individually lift and drag a casualty to a safe location**

Weight: 270lbs total weight

Horizontal Distance: 15m is the average distance a Soldier will need to drag a casualty to safety.

Vertical Distance: 0.5-2m is height Soldier would carry or drag casualty.

Time: 3 minutes



Reference: STP 21-1-SMCT (081-COM-1001)



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12 A/B/C: DRAG A CASUALTY TO SAFETY



Execution

The focus of the Drag a Casualty to Immediate Safety Physical Demands Task is to evaluate the trainee's ability to drag a casualty weighing 270 lbs. a distance of 15 meters to safety. Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up the station making sure area is free of any hazards. **Drill Sergeants will also demonstrate proper lifting and dragging techniques IAW FM 7-22: Army PRT IOT prevent injuries to Soldiers.**

Uniform Minimum Requirement: Wearing / Carrying (TU 2) 52.29lbs of uniform and equipment

Instructions to Candidate:

"Let me have your attention. You are about to conduct the Drag a Casualty to Immediate Safety High Physical Demand Task. On the command of "Start", you are required to evacuate a casualty to safety by dragging a 270lbs. casualty to a safe position 15 meters to your front within a time limit of 3. You must complete it providing sustained physical effort without resting.. You may use any technique to drag the casualty (walking backward or forward, etc.). Proper lifting and dragging techniques are important IOT prevent injuries. Do you understand what you must do? Watch this demonstration."

If anyone has questions, repeat the instructions but do not elaborate on what you have read.

Soldier drags casualty 15m

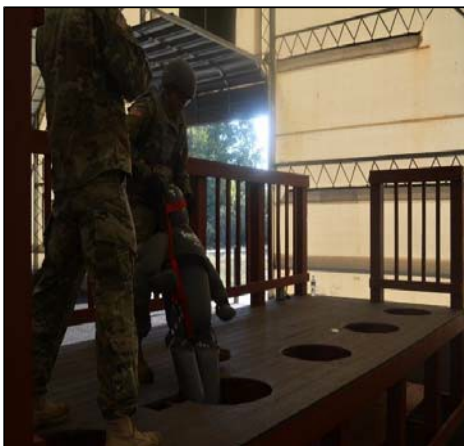


BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
Total	11.89
FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	40.4
EQUIPMENT	
270lbs. Dummy with Harness	
15m Course	



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12 A/B/C: REMOVE CASUALTY FROM A VEHICLE



Task: Remove a Casualty from a Vehicle (Mounted)

Condition: Wearing **Test Uniform 2** and given a 207lbs casualty (prorated to 69lbs) and 1m platform.

Standard: Casualty lifted 1m and removed, then placed on top of the 1m platform within 2 minutes.

Remove a Casualty from a Vehicle

Ensure the casualty is placed above the platform simulating that the casualty has cleared the turret

Weight: 207lbs (prorated to 69lbs)

Horizontal Distance: Distance required to clear turret

Vertical Distance: 1m

Time: 2 minutes

Weight: 207lbs casualty (prorated to 69lbs)

Horizontal Distance: Distance required to clear turret. **Vertical Distance:** 1m is the height from the gunner's seat to the top of the turret

Time: 2 minutes

Reference: STP 17-19D1-SM-TG (171-300-0065)





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12 A/B/C: REMOVE CASUALTY FROM A VEHICLE



Execution

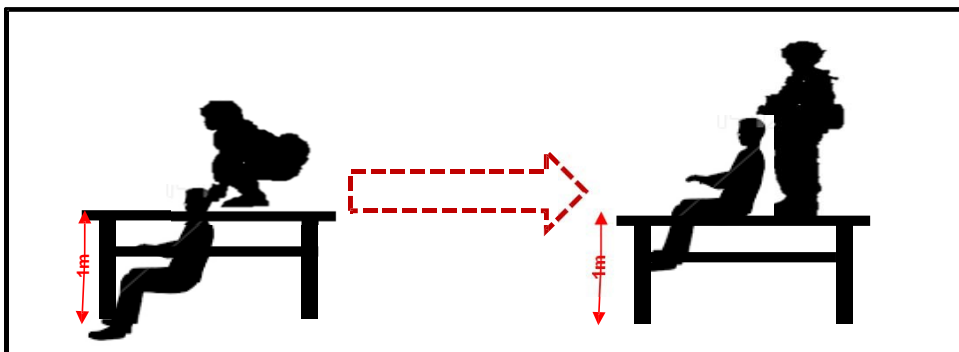
The focus of the Evacuate a Casualty Physical Demands Task will be to evaluate the trainee's ability to Remove a Casualty from a Vehicle through a simulated casualty lift. Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up course making sure it is free of any hazards. **Drill Sergeants will also demonstrate proper lifting techniques IAW FM 7-22: Army PRT IOT prevent injuries to Soldiers.**

Uniform Minimum Requirement: Wearing / Carrying (TU 2) 52.29lbs of uniform and equipment

Instructions to Candidate:

"Let me have your attention. You are about to conduct the Remove a Casualty from a Vehicle High Physical Demand Task. On the command of "Start", you will simulate removing a casualty from a vehicle by lifting a 69lbs casualty vertically 1 meter and placing them on top of the platform (Grader points out where Soldier stands, object to be lifted and apparatus they must lift object through). Proper lifting techniques are important IOT prevent injury. You have exactly 2 minutes to complete this task. Do you understand what you must do? Watch this demonstration."

If anyone has questions, repeat the instructions but do not elaborate on what you have read.



BASIC UNIFORM

Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
Total	11.89

FIGHTING LOAD

Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	40.4

EQUIPMENT

1m Platform
69LBS Dummy



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12 A/B/C: CARRY/EMPLACE CRATERING CHARGE



Task: Prepare Obstacle with the H6 40 Pound Cratering Charge

Condition: Wearing **Test Uniform 2** and given 5 x H6 40 Pound Cratering Charges

Standard: Carry and place five H6 Cratering Charges in a row 100m from stockpile within 8 minutes.



Carry / Emplace the H6 40lbs Cratering Charge

Weight: 40lbs

Horizontal Distance: 100m

Vertical Distance: Waist to shoulder height

Time: 8 minutes

Weight: H6 weighs 40lbs

Horizontal Distance: Stockpile to emplacement area

Vertical Distance: Waist to shoulder height

Time: 8 minutes

Reference: 052-193-1310



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12 A/B/C: CARRY/EMPLACE CRATERING CHARGE



Execution

The focus of the Carry and Emplace the H6 40lbs. Cratering Charge Physical Demands Task is to evaluate the trainee's ability to carry five H6 40lbs. Cratering Charges 100 meters in order to prepare an obstacle. Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up station making sure it is free of any hazards.

Drill Sergeants will also demonstrate proper lifting and dragging techniques IAW FM 7-22: Army PRT IOT prevent injury to Soldiers.

Uniform Minimum Requirement: Wearing / Carrying (TU 2) 52.29lbs of uniform and equipment

Instructions to Candidate:

"Let me have your attention. You are about to conduct the Carry and Emplace the H6 40lbs Cratering Charge High Physical Demand Task. On the command of "Start", you will prepare an obstacle with the H6 40lbs. Cratering Charge by carrying and placing five H6 40lbs Cratering Charges in a row 100 meters away from stockpile within 8 minutes (Grader points out the five H6 Cratering Charges and position to carry them to). You may use any technique to carry the charges. You may also carry more than one charge at a time if you can physically do so.

Proper lifting and carrying techniques are important IOT prevent injury. Do you understand what you must do? Watch this demonstration."

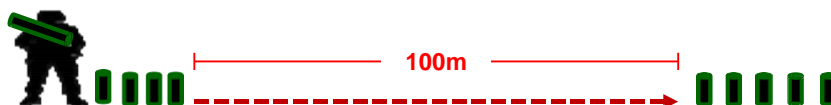
If anyone has questions, repeat the instructions but do not elaborate on what you have read.

BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
Total	11.89

FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	40.4

EQUIPMENT	
5 x H6 40lbs. Cratering Charges	
100m Course	

Soldier carries Cratering Charges 100m and places them in a row





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12 A/B/C: LIFT AND CARRY PLAIN ROLLER



Task: Lift and Carry Plain Roller

Condition: Wearing **Test Uniform 2** and given a Plain Roller (116 lbs).

Standard: Lift, carry, and place the Plain Roller 50m within 6 minutes



Lift and Carry Plain Roller (116lbs)

Weight: 116lbs
Horizontal Distance: 50m
Vertical Distance: Waist height
Time: 6 minutes

Weight: Plain Roller (116lbs)
Horizontal Distance: 50m
Vertical Distance: Waist height
Time: 6 minutes

Reference: 052-197-1327



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12 A/B/C: LIFT AND CARRY PLAIN ROLLER



Execution

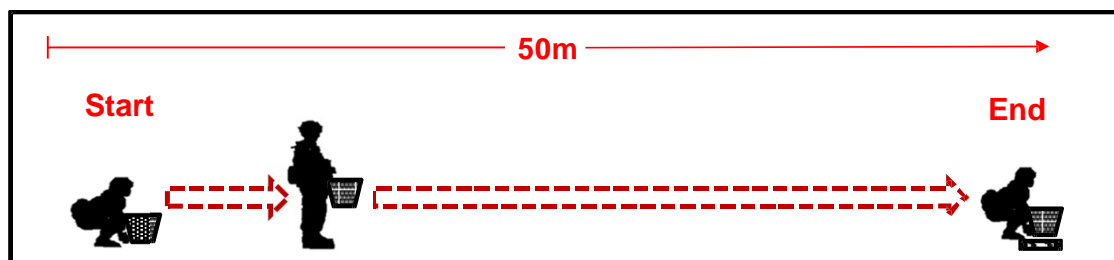
The focus of the Lift and Carry Plain Roller Physical Demands Task is to evaluate the trainee's ability to assist in the construction of a Bailey Bridge by carrying the bridge components, (116lbs) a total distance of 50m. Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up station making sure it is free of any hazards. **Drill Sergeants will also demonstrate proper lifting and dragging techniques IAW FM 7-22: Army PRT IOT prevent injury to Soldiers.**

Uniform Minimum Requirement: Wearing / Carrying (TU 2) 52.29lbs of uniform and equipment

Instructions to Candidate:

"Let me have your attention. You are about to conduct the Lift and Carry Plain Roller Physical Demand Task. On the command of "Start", you will lift the Plain Roller, 116lbs, by using the handholds and lifting no higher than waist height and then carry the Plain Roller a total distance of 50m to the end point where you will then place the Plain Roller on the ground. No other methods of carrying the Plain Roller is authorized. Proper lifting and carrying techniques are important IOT prevent injuries. You will have 6 minutes to complete this task. Do you understand what you must do? Watch this demonstration."

If anyone has questions, repeat the instructions but do not elaborate on what you have read.



BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
Total	11.89
FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	40.4
EQUIPMENT	
Rocking Roller Template (Steel I-beam)	
50m Course	



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12A/B: CONDUCT A MANUAL BREACH



Task: Breach a Door Using Manual Techniques

Condition: In a field environment, wearing **Test Uniform 2**, given a battering ram, a 36X80" wooden door in frame, a door knob and lockset, and suitable area.

Standard: Strike the door between the two locking mechanisms with sufficient force to breach and pass through the door frame in less than 2 minutes.



Breach a Door Using Manual Techniques

Weight: 52.29lbs

Horizontal Distance: 5m

Time: 2 Minutes

Weight: 52.29lbs is combined weight of Basic Soldier Uniform (11.89lbs), and Fighting Load (40.4lbs).

Horizontal Distance: 5m from the staging area to the breaching door.

Time: 2 minutes

Details:

- This is an individual event
- This is a pilot program. There is not enough data to effectively determine the proper grading standards and times.

Reference: ATTP 3-06.11 and FM 3-06



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12A/B: CONDUCT A MANUAL BREACH



Execution

The focus of the Manual Breach Task is to evaluate the trainee's ability to physically breach through a metal door utilizing a battering ram. Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up the station making sure area is free of any hazards. **Drill Sergeants will also demonstrate proper lifting and breaching techniques IAW FM 7-22: Army PRT IOT prevent injuries to Soldiers.**

Uniform Minimum Requirement: Wearing / Carrying **(TU 2)** 52.29lbs of uniform and equipment

Instructions to Candidate:

"Let me have your attention. You are about to conduct the Manual Breach of a Wooden Door. On the command of "Start", you are required to carry your battering ram approximately 5 meters to the door. Hold the battering ram by the handles, long end to the front or the vertical loop handle to the rear. Swing the battering ram either underhand or sidearm. Strike the door 2 inches above or below the doorknob or between the two locking mechanisms. You will have 2 minutes from the command "Start" to successfully breach the metal door. Proper carrying techniques are important IOT prevent injuries. Do you understand what you must do? Watch this demonstration."

If anyone has questions, repeat the instructions but do not elaborate on what you have read.

BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01
FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	40.4

EQUIPMENT	
36X80 inch Wooden Door	
Door Knob	
Battering Ram	
Lockset	
Plywood construction, Exterior, ½ inx4x8 inches	



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12A/B/C: INSTALL A U-SHAPED PICKET



Task: Install a U-Shaped Picket

Condition: In a field environment, wearing **Test Uniform 2**, given one 72" U-shaped picket, leather gloves, a 20-lb picket pounder, and a suitable working area with the known expected direction of enemy travel.

Standard: Within 2 minutes, install U-shaped picket, ensuring that the picket's concave side faces the enemy and the lower notch is about 4 inches off of the ground.

- (1) Lay the picket on the ground so the narrow end is pointing toward the enemy and the concave side is facing skyward.
- (2) Place a picket pounder over the top of the picket.
- (3) Stand the picket on the narrow end with the concave side facing the enemy.
- (4) Drive the picket into the ground by raising and lowering the picket pounder until the lower notch of the picket is approximately 4 inches (+/- 1 inch variance) off the ground.



Install a U-Shaped Picket

Weight: 52.29lbs

Horizontal Distance: 1m

Time: 2 Minutes

Weight: 52.29lbs is combined weight of Basic Soldier Uniform (11.89lbs), and Fighting Load (40.4lbs).

Horizontal Distance: 1m from the staging area to the notional wire obstacle.

Time: 2 minutes

Details:

- This is an individual event
- This is a pilot program. There is not enough data to effectively determine the proper grading standards and times.

Reference: TM 3-34.85



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12A/B/C: INSTALL A U-SHAPED PICKET



Execution

The focus of installing a U-Shaped picket is to evaluate the trainee's ability to physically force a picket approximately 12 inches into the ground (lower notch 4 inches off the ground with a variance of +- 1 inch). Drill Sergeants will monitor this task and record the results on the HPDT Scorecard. Drill Sergeants will set-up the station making sure area is free of any hazards. **Drill Sergeants will also demonstrate proper lifting and picket-pounding techniques IAW FM 7-22: Army PRT IOT prevent injuries to Soldiers.**

Uniform Minimum Requirement: Wearing / Carrying (TU 2) 52.29lbs of uniform and equipment.

Instructions to Candidate:

"Let me have your attention. You are about to install a single U-Shaped Picket. On the command of "Start," you are required to run 1 meter to the notional wire obstacle site that has the following equipment: 72" U-shaped Picket, Leather Gloves, and a 20lb Picket Pounder. Your instructor will clearly identify the location of the notional enemy. Lay the picket on the ground so the narrow end is pointing toward the enemy and the concave side is facing skyward. Place a picket pounder over the top of the picket. Stand the picket on the narrow end with the concave side facing the enemy. Drive the picket into the ground by raising and lowering the picket pounder until the lower notch of the picket is approximately 4 inches (25.4 millimeters) off the ground. Approximately is defined as plus or minus 1 inch variance from 4 inches (between 3 and 5 inches). You will have 2 minutes from the command "Start" to successfully drive your picket approximately 12 inches into the ground (lower notch is 4in off the ground). Proper carrying techniques are important IOT prevent injuries. Do you understand what you must do? Watch this demonstration."

If anyone has questions, repeat the instructions but do not elaborate on what you have read.

BASIC UNIFORM	
Items	Weight (lbs.)
ACUs	3.20
Boots	5.00
Rigger Belt	0.50
Gloves	0.25
Patches	0.49
Patrol Cap	0.48
ID Tags	0.38
Undershirt	0.35
Eye Pro	0.25
Notebook	0.25
Drawers	0.20
Socks	0.20
Wrist Watch	0.19
Ear Plugs	0.13
Chapstick	0.01
ID Card	0.01

FIGHTING LOAD	
Items	Weight (lbs.)
ACH With Cover	3.25
100oz Hydration System	7.1
IOTV (Large)	19.63
FLC	1.25
30rd. Magazine Pouch (3ea.)	0.75
Individual First Aid Kit (IFAK)	1.08
M4 W/PEQ-15 & M68 CCO	7.34
Total	40.4

EQUIPMENT	
72" U-Shaped Picket	
Leather Gloves	
20lb Picket Pounder	