



PHYSICAL CAPABILITY TEST – EMS ONLY PERSONNEL

EVENT 1: Half Mile Brisk Walk

Instructions – Read to Candidate:

This event simulates the need to move quickly throughout an emergency scene, the candidate will walk on a treadmill for half a mile at a rate of 4 mph (the equivalent of a 16-minute mile) and a 1.0-degree angle. With candidate on treadmill, the proctor will start treadmill and increase speed to 4 mph. Once the distance has reached the 0.50 mark, the proctor will turn the treadmill off and allow the candidate to slowly walk as the speed decreases.

Fail Criteria: The candidate cannot use the handrails, cannot step off the belt, nor fall off the machine. If the candidate grabs the handrails, he or she will receive a warning, but will fail after a second time. If the candidate steps or falls off the belt, he or she will immediately fail the event. Candidate is unable to complete the 0.50 distance without stopping or breaking.

PASS FAIL

Remarks: _____

EVENT 2: Barbell Lift and Carry

Instructions – Read to Candidate:

This event simulates carrying patients and equipment, the candidate will lift a preloaded barbell, totaling 90 pounds, using proper lifting techniques and any grip he or she is comfortable using to maintain weight at or above waist level. The candidate must carry the weight bar around a marked area for 240 feet.

Fail Criteria: If the candidate cannot lift the weight, drops it, puts it down prior to the finish point, or is unable to maintain weight at or above waist level, he or she will fail the event.

PASS FAIL

Remarks: _____

EVENT 3: Clear and/or Traverse a Fixed Object

Instructions – Read to Candidate:

This event simulates traversing a guardrail with functional hip mobility, the candidate will perform a lateral step up and over to clear an obstruction at 24 inches in height without use of upper extremities to stabilize– 2 repetitions each, leading with the right and left legs. The candidate will then perform a forward step up and over to clear an obstruction at 24 inches in height without use of upper extremities to stabilize– 2 repetitions each, leading with the right and left legs.

Fail Criteria: Candidate is unable to clear and/or traverse a fixed object at 24 inches in height, without use of upper extremities to stabilize.

PASS FAIL

Remarks: _____

EVENT 4: Push and Pull

Instructions – Read to Candidate:

This event simulates pulling a patient from a confined space and pulling a stretcher over soft terrain. The candidate will pull a “MegaMover” loaded with the Rugged Red Rescue Dummy five feet backwards. The candidate will repeat this motion two additional times to simulate three total patient moves.

Fail Criteria: Candidate is unable to successfully pull the weighted “MegaMover” 5 feet for a total of 3 movements.

PASS FAIL

Remarks: _____

EVENT 5: Stair Climb

Instructions – Read to Candidate:

This event simulates the stress of having to climb several flights of stairs while carrying equipment. The candidate will climb 22 steps on designated stairs while holding a 25-pound dumbbell in each hand. The candidate must ascend and descend for two evolutions for a total of 88 steps. He / she must place a foot on each step while ascending and descending, completing the event in no more than 90 seconds.

Fail Criteria: The candidate cannot use or lean against the rails or walls for assistance and cannot put the weights down. The candidate will receive a warning for a railing or wall violation, but a second violation will result in failing the event. If the candidate puts the weights down or breaks for any reason, he or she will automatically fail the event.

PASS FAIL

Remarks: _____

EVENT 6: Chest Compressions with Lunge-and-Reach

Instructions – Read to Candidate:

This event simulates the events of cardiac resuscitation, the candidate will perform 2 minutes of chest compressions at a rate of 100-120 per minute on a CPR mannequin.

After finishing chest compressions, the candidate will then stand and walk a short distance to the lunge-and-reach area. This section of the event will have the candidate kneel to pick up a 10-pound weight from one side, stand without use of upper extremities or any fixed object to stabilize and then place it on a shelf on the other side. This is repeated two more times using a 15-pound and 20-pound weight. The candidate will then repeat the entire lunge-and-reach from the opposite side using three more of the same weight dumbbells. After all six dumbbells have been placed upon the shelf; the candidate must then do the entire lunge-and-reach portion of the event in reverse. This section of the event is not timed.

Once finished placing the last weight, the candidate will return to the CPR mannequin and complete a second 2-minute cycle of compressions.

Fail Criteria: If the candidate deviates from the rate range, he or she will be instructed to alter the rate appropriately. If the candidate is unable to maintain the appropriate rate after two warnings, he or she will fail the event.

During lunge-and-reach event, the candidate must touch one knee to the floor when picking up or placing the weight on the floor and use proper back mechanics and use no fixed object or upper extremity for stabilization during any portion of the lunge-and-reach or receive a warning. Candidate must Only one warning will be given prior to the candidate failing the event.

The same pass/fail criteria apply to the second set of compressions.

PASS FAIL

Remarks: _____