



NAME: _____

Pre-Employment Physical Agility Test

Path 1

****SCENARIO TIME LIMIT: 50 MINUTES MAXIMUM TO COMPLETE ALL STAGES**

****PROPER ATTIRE REQUIRED**

****ABSOLUTELY NO RUNNING IS ALLOWED**

TEST START TIME: _____

TEST END TIME: _____

1. CARDIO WALK. Maximum time allowed is 15 minutes.

Instruction: The candidate is to walk a designated route of one mile. The candidate will also wear a weighted vest of 25lbs. Start time will begin when the candidate crosses the start line and end when the candidate completely crosses the finish line with both feet under his/her own power.

Check all below that apply.

- Pass Criteria The candidate must complete the station within the 15-minute time limit.
- Critical Fail The evaluator determines the candidate is unfit to continue
- The candidate runs at any point
- The candidate shortens the course in any way

Start Time	Stop Time	Total Time
Evaluator -1		
Evaluator -2		

2. TEAMWORK. Maximum time allowed is 10 minutes.

Instruction: One candidate will be paired with an evaluator for a team of two. The team will lift the 175lbs rescue mannequin from the ground and place on to a stair chair. The mannequin must be safely fastened into the stair chair with provided straps and/or safety belts. The team will then use proper form and maneuver the stair up one flight of stairs using carrying handles on the stair chair. Once at the top of one flight of stairs, team members will switch positions and descend the flight of stairs maneuvering the stair chair. The team will then move the rescue mannequin from the stair chair onto a long board. The rescue mannequin will be secured with straps and/or safety belts provided. The rescue mannequin will be in the supine position. The board and rescue mannequin will be lifted and placed onto an ambulance cot and secured. The cot will be wheeled 25 feet from "Point A" to "Point B". The candidates will then return the cot 25 feet to the starting position, lower the cot, remove the board/rescue mannequin and place it onto the ground. **Start time will begin with the candidates' first attempt to place the rescue mannequin onto the stair chair at the direction of the evaluator. The station time will end when the candidate has returned the mannequin to the start position.**

Check all below that apply.

- Pass Criteria The candidate must complete the station within the 10-minute time limit.
- The rescue mannequin remains secure on equipment during movement.
- Proper technique and safety straps, handles and /or belts are used as instructed.
- Critical Fail The evaluator determines the candidate is unfit to continue
- The candidate is unable to perform the task(s)
- The "patient" is dropped

Start Time	Stop Time	Total Time
Evaluator -1		
Evaluator -2		



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3. RESCUE MANNEQUIN DRAG. Maximum time allowed is 2 minutes.

Instruction: The rescue mannequin used in this stage will be 175lbs. The candidate will pick up the rescue mannequin from the back by squatting down and reaching around the rescue mannequin with both arms under the mannequin’s arms – performing a “bear hug”. The candidate will then lift the mannequin enough so the buttocks of the mannequin are not touching the ground and drag the rescue mannequin 50 feet by walking backwards from “Point A” to “Point B”. Proper technique must be used to drag the rescue mannequin. The candidate **MAY NOT** drag it by the collar, arms, or any other part. The buttocks of the rescue mannequin must be off the ground but the feet **may (but do not have to)** drag. The candidate is allowed to place the rescue mannequin on the ground briefly (less than 5 seconds) **ONLY ONCE** for hand reposition after time has started. Start time begins as soon as the candidate is in position and lifts the mannequin’s buttocks off the ground at the direction of the evaluators. A mannequin drag harness may be used (if available). **Start time begins as soon as the candidate is in position and lifts the mannequin’s buttocks off the ground at the direction of the evaluators. Start time will end when the candidate and mannequin crosses “Point B” under his/her own power.**

Check all below that apply.

- Pass Criteria**
 - The candidate completes the station within the 2-minute time limit.
 - The candidate drags the rescue mannequin properly as instructed.
 - Proper technique and safety straps, handles and /or belts are used as instructed.
- Critical Fail**
 - The candidate is unable to perform the task
 - The mannequin is dropped
 - The mannequin is placed on the ground more than once or longer than 5 seconds
 - The evaluator determines the candidate is not fit to continue

Start Time	Stop Time	Total Time
Evaluator -1		
Evaluator -2		



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4. EQUIPMENT CARRY. Maximum time allowed is 3 minutes.

Instruction: The candidate is to carry one equipped medical kit and one ECG monitor up five flights (stories) of stairs and back down. The medical kits shall have handles and/or straps and be in good repair. The maximum weight for the kit and monitor combination shall be no more than 50lbs and minimum of 40lbs. The candidate will carry the equipment in proper form by the handles or straps, ascend the stairs, turn directly around and descend the stairs. The candidate is allowed to place the equipment on any surface briefly (less than 5 seconds) ONLY ONCE for hand reposition after time has started. Start time begins as soon as the candidate lifts the equipment off the floor at the direction of the evaluator. **Start time will begin with the candidate lifts the equipment off the floor at the direction of the evaluator and end when the candidate places both feet on the ground after stepping off the final step.**

Check all below that apply.

- Pass Criteria**
 - The candidate completes the station with in the 3-minute time limit.
 - The candidate carries the equipment in the proper manner as instructed.
 - Proper technique and safety straps, handles and /or belts are used as instructed.
- Critical Fail**
 - The equipment is dropped.
 - The equipment is placed on any surface more than once or longer than 5 seconds
 - The evaluator determines the candidate unfit to continue

Start Time	Stop Time	Total Time
Evaluator -1		
Evaluator -2		

5. CHEST COMPRESSIONS. Station time is 5 minutes.

Instruction: The candidate must perform continuous chest compressions at a rate between 100 and 120 for 5 minutes. If available, an adult Q-CPR mannequin will be placed flat on the floor or ground and the candidate must kneel down to perform the chest compressions. The candidate must have an aggregate score of 80% correct compressions from the Q-CPR. The candidate may have 1 minute to familiarize with the Q-CPR mannequin and the feedback device. The candidate may observe the feedback device, if used. **Start time will begin when the evaluator advises the candidate to “begin compressions” and end when the evaluator advises the candidate to “stop compressions”.**

Check all below that apply.

- Pass Criteria**
 - The candidate performs continuous chest compressions for 5 minutes.
 - Proper rate and depth of chest compressions is maintained for > 80% of the time.
- Critical Fail**
 - The candidate is unable to perform the task.
 - The candidate does not deliver effective compressions for > 80% of the time.
 - The candidate stops delivering compressions after the time has started.
 - The evaluator determines the candidate is unfit to continue.

Start Time	Stop Time	Total Time
Evaluator -1		
Evaluator -2		