

Bladen County Emergency Medical Services will conduct a physical agility entrance examination for the positions of EMT, EMT-Intermediate and EMT-Paramedic to ensure the applicant's ability to perform the essential functions of the positions. The physical agility evaluation is designed to evaluate an applicant's strength, stamina, and overall physical ability to perform the duties of a field based emergency medical professional. It is designed to replicate activities encountered by EMS personnel, including CPR, moving and lifting patients, maneuvering a stretcher and patient. The specific tasks must be completed within the 7 minute time limit. This evaluation will occur prior to completion of the general knowledge examination, skills testing and interview. Applicants must pass the agility test prior to being allowed to continue in the assessment process. Be sure to bring the proper attire for each part of the testing process.

Description of Physical Agility Test Evaluation

1. **Truck Exit**-Applicants will exit from the driver's seat of the ambulance and walk to the rear of the ambulance and open the rear doors.
2. **Stretcher Lift**-Applicants will remove a stretcher with 45 lb weight bar from the rear of the ambulance, walk 10 feet with stretcher.

Purpose of Event: The purpose of this event is to simulate the candidate removing the stretcher from the ambulance.

3. **Stretcher obstacle course** – The applicant will maneuver a 100 lb stretcher over a distance, over uneven ground with the stretcher in its highest position. At a number of locations the applicant will need to navigate the stretcher over obstacles.

Purpose of Event: The purpose of this event is to simulate moving a patient on a stretcher over difficult terrain.

4. **Equipment Transfer** – The applicant will move from a marked area on the ground, an airway bag, oxygen tank, medication box and cardiac monitor, and walk around and set the objects down on a table.

Purpose of Event: The purpose of this event is to simulate moving medical equipment from the field to the ambulance using proper body mechanics.

5. **Moving a Patient**-For this event, you must grasp a 165-pound (74.84-kg) mannequin with assistance (assistant will lift at feet) ; drag it 10 feet (10.67 m) to a pre-positioned finish line. No moving devices are permitted to help move the patient and you are not permitted to grasp or rest on the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line.

Purpose of Event: This event is designed to simulate the critical task of removing a victim or injured partner.

6. **CPR**-Applicants will complete 100 chest compressions on a manikin on the ground. AHA guidelines will not be evaluated.

Purpose of Event: The purpose of this event is to simulate the candidate performing CPR while in the floor for a period of time.

7. Repeat stretcher obstacle course – The applicant will maneuver a 100 lb stretcher, over a distance of 40 feet over uneven ground with the stretcher in its highest position, turn around and return to the starting line. At a number of locations during the 80 feet, the applicant will need to navigate the stretcher over obstacles.

Purpose of Event: The purpose of this event is to simulate moving a patient on a stretcher over difficult terrain.

8. Return to ambulance – The applicant will return to the ambulance and climb in the driver's seat. Time will then end for the test.

I, (print name) _____, have read the test directions for participating in the Medic Physical Ability Test administered by Bladen County EMS. I understand these directions as they have been explained and have been given an opportunity to ask for clarification of any directions.

Sign Name

Date