



Marion County Fire District No. 1

EMS Physical Abilities Test (PAT)

June 2018

Marion County Fire District No. 1
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EMT/Paramedic Candidate,

The Physical Abilities Test consists of a number of stations; the total test time is the aggregate of all ten stations. You will have **12 minutes** to complete the test. You can take as long as you would like at each station, but you must complete the whole test within the time limit or you fail the test.

Failure to complete any station results in the automatic failure of the PAT. If you are unable to complete a station, you will not be allowed to complete the balance of the test.

In addition to not completing a station or exceeding time total test time limit, there are a number of other events that may lead to a failure to complete the test. Those would be:

- My judgment that having you start or continue with the test would result in injury or health risk.
- You are not dressed appropriately.
- I believe you are intoxicated or under the influence of drugs.
- You cannot understand my instructions.
- You cannot follow instructions.
- You do not comply or will not comply with instructions.
- You engage in inappropriate language or behavior.
- You are in pain or are injured.
- You are performing in an unsafe manner and will not change approach.
- There is an equipment failure or other problem with the test.
- Some other reason that impacts the test.

There are some general physical hints we can give you in terms of staying safe. Failure to lift in a proper manner may result in a failure of the test if it leads to a situation where there is an injury or health risk.

We will be rating your posture and lifting technique. This rating will be used in providing you with feedback and may be used in making a decision as to whether there is a risk to your health or potential of injury. The general physical or lifting guidelines are:

- Feet should be flat with ALL lifts.
- Head should be up with all lifts.
- The spine should be straight with all lifts (broomstick).
- Proper squatting technique should be used.

You can withdraw from the test at any time. The PAT is a PASS/FAIL exam. In the unlikely event of identical scores at the conclusion of your assessment, the Chief Examiner reserves the right to use your time (among other elements possible) to make a final determination on the civil service exam list.

I will walk you through the stations and describe them. If you have a question, please ask. You have to complete each task as instructed. If you make an error or have some other problem, you will be instructed how to complete the task correctly. However, the clock will remain running at all times.

Station 1 Medic Entry / Exit

You will enter the driver's door of the medic, close the driver's door and connect the seatbelt. From this position you will be instructed that time has started. You will disconnect your seatbelt, exit the driver's door and close the door.

Station 2 Rear Medic / Gurney Removal

You will open the two rear doors of the Medic unit. You will then lift the rear step bumper to the elevated position. The gurney has 165 pounds of weight on it. You will then press the lock release handle that secures the gurney inside the medic, lift the gurney slightly and pull the gurney out to the stopped position. Hold the gurney for 5 seconds. Depress the switch that lowers the gurney's landing gear and wheels until they are fully extended. Set the gurney down in this position.

Station 3 Right Passenger Door Equipment Bag Removal

You will open the passenger side equipment door to the medic. Inside on the shelves are two of our actual equipment bags that are used on medical calls. You will remove both bags, carrying one in each hand. You will **kneel down on your right knee**, bending your left knee, setting at least one bag down on the floor, then stand up and close the equipment door to the compartment. You will then **kneel down on your left knee** bending your right knee and pick up and carry both bags to inside the first square coned area. You will **kneel down on your right knee**, bending your left knee and set both bags down on the floor. You will then stand up.

Station 4 Staircase Climb with Equipment Bags

Still standing in the first square coned area you will **kneel down again this time on your left knee**, bending your right knee and pick up both equipment bags to a standing position. You will then carry both bags up and over the staircase to the other side, inside the second square coned area. You will then **kneel down on your right knee**, bending your left knee to set the bags on the floor. You will then stand up and turn around facing the staircase. You will **kneel down on your left knee** bending your right knee to pick up the equipment bags to a standing position. You will then carry the equipment bags up and over the staircase again to inside the first square coned area. You will then **kneel down on either knee** of your choice, bending the other knee to set the bags down on the floor where they will remain for the duration of the PAT.

Station 5**CPR For 2 Minutes**

You will walk to the CPR station. At the station you will kneel down beside the mannequin and perform 2 minutes of chest compressions. The proctors will indicate your time throughout the CPR event giving you notice of approximately the final 10 seconds. Your CPR compressions must be at a rate, depth and quality as required by the American Heart Association, Health Care Provider CPR Course criteria for adults. Your back and arms must remain straight. The proctor will indicate any deficiencies as a warning after the first 15 seconds. You will receive only **two warnings** with up to 5 seconds each to correct any deficiencies identified. **On the third deficiency noted the test will be terminated** by the proctor and this will result in failure of the PAT.

Station 6**Stair Chair Simulation**

You will walk back to the stair case where a weight bar with 75 pounds is secured to it, sitting on the floor. The taped marks on the bar are where you must grip the bar in a **palm up grip**. You must lift the bar from a squatting position using proper lifting techniques. In a standing position you will walk backwards to the stair case stepping up and over to the other side. When you have reached the floor on the other side of the stair case you will then walk forwards over the stair case to the side where you started. You will then turn and set the weight bar down on the floor using the same lifting techniques without dropping it. Proctors will be on either side of you and behind you to ensure your safety. **Falling or dropping the weight bar will constitute a failure of the PAT.**

Station 7**Spine Board Patient Lift**

You will walk to the spine board where 130 pounds of weight is secured to the torso section of the board. You will squat down, using proper lifting techniques, lift the torso end of the spine board to waist level and hold it there for 5 seconds. You will then squat down again, using proper lifting techniques and set the spine board down on the floor without dropping it. **Dropping the spine board will constitute a failure of the PAT.**

Station 8**Stair Steps**

You will walk over to the base of the stair case. Using either foot starting, you will place one foot on the bottom step of the stairs and lift your other foot to the same step. The first foot is then placed back down on the floor followed by the second foot. You will continue this for 3 minutes. You may change the step pattern with your starting foot anytime through the 3 minutes to accommodate fatigue. You may not stop this test for any reason. **Stopping during the stair step test will constitute a failure of the PAT.**

Station 9 **Rear Medic / Gurney Replacement**

You will then walk to the back of the Medic unit where the gurney was left at the rear compartment doors. You will lift the gurney and hold the wheels off the floor for 5 seconds. Depress the switch that raises the gurney's landing gear and wheels until they are fully retracted. Install the gurney back into the medic aligning the front tires with the guides in the front of the medic and locking the rear of the gurney on the left side.

Station 10 **Bag Valve Mask (BVM) and O² Bottle Regulator Assembly**

Lower the rear step bumper. Step up into the Medic unit using the hand grip bars as necessary for safe movement. Sit on the bench seat where you will see an O² bottle, valve wrench, regulator, tubing and a BVM kit. Assemble these components so that the O² bottle is opened, the regulator doesn't leak oxygen, the tubing and BVM are assembled correctly so that Oxygen is delivered at 15 Liters per minute to a simulated patient.

Your Proctor will stop the timer and this will conclude your physical ability test.

PAT Suggested Room Layout

