

San Marcos/ Hays County EMS

Pre-offer/Pre-employment Physical Agility Assessment

The physical agility course is designed to simulate the many physical tasks required of San Marcos/Hays County EMS. The course consists of a sequence of events requiring the candidate to progress along a predetermined path from event to event in a continuous manner. Successful applicants will complete the course. All events are graded on a pass or fail basis. Failure of one event is failure of entire assessment.

Cardiopulmonary Resuscitation – The applicant will perform five minutes of effective adult CPR according to American Heart Association Guidelines.

Purpose of Event:

The purpose of this event is to simulate the candidate performing effective CPR while in the floor for an extended period of time. This event is not only for physical endurance, but also to test the candidate's knowledge of current standards for Adult Cardio Pulmonary Resuscitation as set forth by the American Heart Association.

Failures:

Fails to complete the full five minutes.

CPR not to American Heart Association Standards

CPR is ineffective.

Equipment Carry – The applicant will carry an airway bag and cardiac monitor 50 feet, set the object down, pick it back up and carry the equipment back to the starting point.

Purpose of Event:

The purpose of this event is to simulate carrying essential medical equipment to the patient's side. This event will assess the applicant's ability to lift using proper body mechanics, as well as challenge the applicant's upper body muscular strength and endurance, lower body muscular strength and endurance, grip endurance and balance. This event affects the aerobic energy system as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps and hamstrings.

Failures:

Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing equipment carry or compensating as follows: Severe postural deviations, posterior trunk lean (arching back) or leaning anteriorly (rounding

back & shoulders forward). Safety is compromised if object is propped on thighs. Applicant can safely place object down to reposition his/her technique or grip but cannot drop equipment. Failure to complete task will conclude test.

Lifting and moving a scoop stretcher and ambulance stretcher – With assistance, the applicant will lift a 180 lb scoop stretcher, carry it 50 feet and place it on the ambulance stretcher while stretcher is in low position. The applicant will then load and secure the stretcher into the ambulance. Assistant will verify the stretcher has been secured in unit. Following this the applicant will enter the unit and lift the scoop stretcher off the ambulance stretcher and place it on the bench seat of the unit with the aid of the assistant. At this point, applicant and assistant will lift the scoop stretcher off of the bench seat and move it back to the stretcher, secure it, and then exit the unit. The stretcher will then be safely moved out of the unit.

Purpose of Event:

The purposes of this event is to evaluate the applicant's ability to safely lift and maneuver a patient onto a stretcher and load the patient in the ambulance for transport to the hospital. This event will assess the applicant's ability to maintain proper lifting techniques and challenge his/her aerobic/anaerobic and muscular endurance since it closely follows the stair climb event. The event also affects the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), quadriceps, glutes, hamstrings and lower back stabilizers.

Failures:

Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: Severe postural deviations, posterior trunk lean (arching back), leaning anteriorly (rounding back & shoulders forward). Safety is compromised for using compensatory strategies such as rising on tiptoes to lift or propping stretcher/scoop stretcher on thighs. Applicant is also graded on use of ambulance stretcher. Communication with assistant is also graded as this makes the task easier. Applicant can safely stop at any time to reposition his/her technique or grip but cannot drop equipment or tilt the stretcher during the maneuver. Failure to complete task concludes test.

Stretcher obstacle course – The applicant will maneuver a 180 lbs stretcher, with assistance and his/her assistant, over a distance of 200 feet over uneven ground with the stretcher in it's highest position.

Purpose of Event:

The purpose of this event is to simulate moving a patient on a stretcher over difficult terrain. At a number of locations during the 200 feet, the applicant will need to navigate the stretcher around and/or over obstacles. The applicant will

need to manage and instruct his/her assistant during the course. This event continues to challenge the applicant's aerobic capacity, upper and lower body muscular strength and endurance, grip endurance and balance. The muscles challenged are as follows: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand grip, glutes, quadriceps, hamstrings and lower back stabilizers.

Failures:

Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event or compensating as follows: Severe postural deviations, posterior trunk lean (arching back), leaning anteriorly (rounding back & shoulders forward). Safety is compromised for propping stretcher on thighs. Communication is also graded, as this is essential for this event. Applicant can safely place stretcher down or stop to reposition his/her technique or grip but cannot drop stretcher or allow it to tilt over during course maneuver. Failure to complete the event will conclude the test.