

Applicant Instructions for Sandusky
County Medic Physical Ability Test

MEDPAT

Sandusky County EMS Headquarters
2100 Countryside Drive
Fremont, Ohio 43420

Test Description Form

Sandusky County Emergency Medical Services Physical Ability Test

The Medic Physical Ability Test (MEDPAT) is designed to simulate and ensure the applicant's ability to perform essential functions during an emergency situation. The physical ability test is designed to evaluate the applicant's muscular strength, muscular endurance, aerobic capacity, cardiopulmonary endurance, and the overall physical ability to perform the duties of a field based emergency medical professional. This test has been designed to simulate only tasks deemed to be critical by employees of Sandusky County EMS agency and is not necessarily representative of tasks performed in other agencies.

The MEDPAT consists of 16 events performed continuously. The entire test must be completed in 18 minutes and 00 seconds. Event 6 (Chest compressions) is a separately timed event that will count towards your overall time. Event 6 (Chest compressions) must be completed in 2 minutes and 15 seconds. Event 9 (Don Gear) is a separately timed event that will count towards your overall time. Event 9 (Don Gear) must be completed in one (1) minute.

Applicants will be required to wear a helmet (provided), T-shirt, shorts or long pants, and rubber-soled shoes with no open heel or toe. You will be provided with (and required to wear) a helmet and gear. Watches and loose or restrictive jewelry will not be permitted during the test. The appointed test proctor(s) will have the right to request the removal of any unsafe wardrobe. If the unsafe wardrobe is unable or refused to be removed the appointed test proctors have the right to refuse the test assessment to the participant.

The test proctor(s) have the right to stop the test at any point during the assessment to prevent injury to the applicant. At no time will the applicant run during the ability test.

During the course of the test, the lead proctor will give on-going instructions to lead you through the course. You will be given a short opportunity to ask questions after reviewing this form.

Medical Guidelines:

- ! Prior to the beginning the MEDPAT test, a baseline set of vital signs including blood pressure, pulse, respirations, and pulse oximetry will be obtained and recorded.
- ! Upon completion of the test, vital signs will be obtained and recorded immediately completing the test and five minutes posttest.
- ! A resting (initial) blood pressure of **180** systolic or **100** diastolic will not be eligible to complete the MEDPAT test.
- ! A resting (initial) pulse rate of **120** bpm or greater will not be eligible to complete the EMS-PAT test.
- ! A resting (initial) respiratory rate of **28** or greater will not be eligible to complete the EMS-PAT test.
- ! A resting (initial) pulse oximetry reading of **94%** or less will not be eligible to complete the MEDPAT test.
- ! Participants with initial vital signs that disqualified them from the test will be given 20 minutes to have a reassessment of vital signs completed. If the participant's vital signs do not meet qualifications upon the second assessment, the participant will be excused from the testing site.

- ! The participant will be asked about any existing medical condition, illness, or injury that may prohibit them from testing.

Test Evaluation:

! **Event 1: Truck Exit**

- o Begin from a seated position in the driver’s seat of an ambulance. The seatbelt will be properly connected and the driver’s door will be closed. Do not lock any of the doors.
- o Time will begin at the instruction of “Begin.” Unbuckle, open the door, step out of the ambulance, and advance to the rear of the ambulance (the rear doors will be open).

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Unable to exit the ambulance	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
Falling	Hopping or jumping in or out of the ambulance.
Inability to complete the task	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 2: Stretcher Lift (Unloading)**

- o Unload the Ferno stretcher out of the back end of the ambulance using the manual system. The cot will have 50 pounds of weight loaded onto the mattress. This will resemble the weight of the Stryker Power Stretcher.
- o After removal of the stretcher, you will then walk the stretcher to the push/pull turf course.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the stretcher	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If stretcher is propped on thighs or rising on tiptoes to lift. Both feet must remain in contact with the ground.
Unable to lift and/or move the equipment	Tilting the stretcher in an unsafe manner.
Loading and/or unloading of the stretcher with only one hand in contact with the stretcher.	Pulling/Pushing the stretcher with one hand in contact with the stretcher. The applicant will receive one “WARNING” to place both hands back on the equipment during operation. If the applicant repeats the same error after the “WARNING” the test will be terminated for unsafe practice.
The applicant does not remain in contact with both hands on the stretcher after previously receiving a “WARNING.”	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.
Inability to complete the task	

! **Event 3: Stretcher Push/Pull Turf Course**

- Push or pull a loaded stretcher with 50 pounds of weight loaded onto the mattress. The stretcher will be placed in the highest position. The stretcher will be pushed or pulled 100 feet along a turf course with 2x4's placed underneath the turf every 10 feet. While pushing or pulling the stretcher, both hands must remain on the stretcher.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the stretcher	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If stretcher is propped on thighs or rising on tiptoes to lift. Both feet must remain in contact with the ground.
Unable to lift and/or move the equipment	Tilting the stretcher in an unsafe manner.
The applicant does not remain in contact with both hands on the stretcher after previously receiving a "WARNING."	Pulling/Pushing the stretcher with one hand in contact with the stretcher. The applicant will receive one "WARNING" to place both hands back on the equipment during operation. If the applicant repeats the same error after the "WARNING" the test will be terminated for unsafe practice.
Inability to complete the task	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! Event 4: Stair Chair Descended Down Stairs

- The stair chair will be located at the top of the stairs. The stair chair will be loaded with 200 pounds of weight. The stair chair will be descended down the stairs using appropriate body mechanics.
- Applicant will be positioned at the head end of the stretcher.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total Time of Completion)</i>
Dropping the stair chair	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If stair chair is propped on thighs or rising on tiptoes to lift.
Unable to lift and/or move the equipment	Tilting the stretcher in an unsafe manner.
The applicant does not remain in contact with	Pulling/Pushing the stretcher with one hand in

both hands on the stair chair after previously receiving a “WARNING.”	contact with the stair chair. The applicant will receive one “WARNING” to place both hands back on the equipment during operation. If the applicant repeats the same error after the “WARNING” the test will be terminated for unsafe practice.
Inability to complete the task	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 5: Equipment Carry**

- Carry the blue bag (weighing approximately 27 pounds) and monitor (weighing approximately 18 pounds) up the stairs to the top of the platform. Set the equipment down on the floor using proper body mechanics.
 - Applicant can safely place object down to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the equipment	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	Safety is compromised if object is propped on thighs or rising on tiptoes to lift.
Unable to lift and/or move the equipment	Placing hand on thigh to assist in stabilizing oneself or using as an aid to return to the standing position.
Unable to kneel or stand without assistance.	Using the equipment to assist in stabilizing oneself or using as an aid to return to the standing position.
Inability to complete the task	The applicant’s knee does not touch the ground prior to returning to the standing position.
	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 6: Chest Compressions**

- Perform continuous chest compressions for two minutes. At least 200 correct compressions in a time of two minutes and fifteen seconds (at least 100 compressions per minute)
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Unable to kneel or stand without assistance.	Not completing compressions as recommended by the American Heart Association (AHA).

	Applicant will receive one “WARNING” indicating the CPR does not meet the AHA standards. The proctor can inform the applicant about the rate, depth, or recoil. Example: The proctor will state “WARNING RATE.” This example indicates that the applicant’s rate does not meet the AHA standard and must adjust their technique or the applicant will be subjected to failing the task.
Fails to complete the full two minutes of CPR or 200 compressions within the allotted time.	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.
The applicant is unable to meet AHA standards after previously receiving a “WARNING.”	
Inability to complete the task	

! **Event 7: Equipment Lift and Place**

- Go to one knee, lift the blue bag and monitor (from Event 5), stand, and descend down one set of stairs. Place the equipment on the designated location on the floor (numbered or color coded).
 - Applicant can safely place object down to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the equipment	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	Safety is compromised if object is propped on thighs or rising on tiptoes to lift.
Unable to lift and/or move the equipment	Placing hand on thigh to assist in stabilizing oneself or using as an aid to return to the standing position.
Unable to kneel or stand without assistance.	Using the equipment to assist in stabilizing oneself or using as an aid to return to the standing position.
Inability to complete the task	The applicant’s knee does not touch the ground prior to returning to the standing position.
	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 8: Equipment Transfer**

- Go to one knee, lift first piece of equipment, stand, and move to second designated location on the floor (numbered or color coded), go to one knee, place item on the designated location. (i.e. number 1 piece of equipment is transferred to number 1 designated location)
- The equipment will be transferred 12 feet.
- Equipment picked up by the right arm will be transferred by kneeling with the right knee. Equipment picked up by the left arm will be transferred by kneeling with the left knee. The transfer of equipment will be completed by performing a lunge.

- Repeat for items 2, 3, and 4. The following equipment will be transferred: blue bag, monitor, drug box (weighing approximately 25 pounds), and AutoPulse (weighing approximately 32 pounds).
 - Applicant can safely place object down to reposition his/her technique or grip.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the equipment	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	Safety is compromised if object is propped on thighs or rising on tiptoes to lift.
Unable to lift and/or move the equipment	Placing hand on thigh to assist in stabilizing oneself or using as an aid to return to the standing position.
Unable to kneel or stand without assistance.	Using the equipment to assist in stabilizing oneself or using as an aid to return to the standing position.
Inability to complete the task	The applicant's knee does not touch the ground prior to returning to the standing position.
	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 9: Don Gear**

- Provided gear will be donned within one (1) minute of starting to doff personal equipment. The applicant will be required to don the gear provided (boots, pants, coat, and helmet remains in place). The applicant will be given the opportunity to change to their personal shoes rather than wearing the provided boots. The personal shoes must be approved by the test proctor(s) prior to the start of the test. Donning personal shoes will count towards the overall minute. The applicant may use objects to steady themselves while placing the gear onto their body. The suspenders of the pants need to be placed over each shoulder, the jacket must be zipped or velcroed, and each shoe must be fully placed on each foot. All shoes strings of personal shoes must be tied and off of the floor.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Gear is unsafely applied to the applicant's body causing undue harm to the applicant.	Gear improperly applied to the applicant's body, but the applicant is safe to continue with the testing process.
Falling	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.
Inability to complete the task	

! **Event 10: Patient Drag**

- Pull the simulated patient safely off of the chair. The simulated patient will weigh 125 pound.

- With head of patient off of the floor, drag the patient around the outside of the three cones. Turn 180 degrees around the last cone and continue to drag the simulated patient's entire body across the start line. The applicant will drag the simulated patient 50 feet.
- If the head of the patient is in contact with the floor, the patient may not be advanced.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the simulated patient	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	Safety is compromised if object is propped on thighs or rising on tiptoes to lift.
Unable to lift and/or move the equipment	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
Simulated patient's head strikes or drags on the ground.	Loses control of the simulated patient in an unsafe manner but is able to prevent the patient from striking or falling to the ground.
Inability to complete the task	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 11: Backboard Lift**

- With assistance, lift the backboard from the ground to the stretcher. Secure the backboard to the stretcher using three straps. The backboard will consist of 180 pounds of weight. Communication with assistant is also graded as this makes the task easier.
- Applicant will be positioned and lift at the foot end of the backboard.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the backboard	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If backboard is propped on thighs or rising on tiptoes to lift. Both feet must remain in contact with the ground when lifting and lower equipment.
Unable to lift and/or move the equipment	Tilting the stretcher in an unsafe manner.
The applicant does not remain in contact with both hands on the backboard.	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
Inability to complete the task	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 12: Event 2: Stretcher Lift (Loading)**

- Lift the stretcher with backboard and weight in place to the appropriate position to be loaded into the back of the ambulance. Multiple lifting stages are appropriate.
- Move the stretcher to the back of the ambulance and load the stretcher using appropriate body mechanics.
- Applicant will be positioned and lift at the foot end of the stretcher.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the stretcher	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If stretcher is propped on thighs or rising on tiptoes to lift. Both feet must remain in contact with the ground.
Unable to lift and/or move the equipment. This includes unable to lift the ambulance to the proper height to be loaded into the ambulance. Inability to load the stretcher into the back of the ambulance.	Tilting the stretcher in an unsafe manner.
Loading and/or unloading of the stretcher with only one hand in contact with the stretcher.	Pulling/Pushing the stretcher with one hand in contact with the stretcher. The applicant will receive one “WARNING” to place both hands back on the equipment during operation. If the applicant repeats the same error after the “WARNING” the test will be terminated for unsafe practice.
Inability to release or squeeze the handle mechanisms.	Stumbling/tripping causing the applicant to have to reset themselves to continue the test. This includes stumbling forward or backwards while lifting the stretcher causing the applicant to have to rest themselves to continue the test.
Inability to complete the task	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.
	Leaving the foot board in the upright position.

! **Event 13: Backboard Transfer**

- Once the stretcher is appropriately loaded into the back of the ambulance, unbuckle the backboard from the stretcher.
- The backboard is then lifted at the head and feet. The backboard is transferred to the bench seat and then back to the stretcher. The backboard is re-secured to the stretcher.
 - Applicant will be positioned and lift at the foot end of the backboard.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
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	<i>Completion)</i>
Dropping the backboard	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If backboard is propped on thighs or rising on tiptoes to lift. Both feet must remain in contact with the ground.
Unable to lift and/or move the equipment	Tilting the stretcher in an unsafe manner.
The applicant does not remain in contact with both hands on the backboard.	Stumbling/tripping causing the applicant to have to reset themselves to continue the test. This includes stumbling forward or backwards while lifting/lowering the backboard causing the applicant to have to rest themselves to continue the test.
Inability to complete the task	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.

! **Event 14: Patient Unloading**

- Unload the stretcher from the back of the ambulance using the appropriate body mechanics.
 - Applicants can safely stop at any time to reposition his/her technique or grip.
 - Applicants will use both hands/arms and legs to complete this task. All body mechanics will be used properly and the task will be completed in a proper and safe manner.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Dropping the stretcher	Improper or unsafe lifting techniques, such as inability to maintain a neutral spine while performing event, or compensating as follows: serve postural deviations, posterior trunk lean (arching back), or leaning anteriorly (rounding back & shoulders forward).
Falling	If stretcher is propped on thighs or rising on tiptoes to lift. Both feet must remain in contact with the ground.
Unable to lift and/or move the equipment. This includes the inability to unload the stretcher into the back of the ambulance.	Tilting the stretcher in an unsafe manner.
Loading and/or unloading of the stretcher with only one hand in contact with the stretcher.	Stumbling/tripping causing the applicant to have to reset themselves to continue the test. This includes stumbling forward or backwards while lifting the stretcher causing the applicant to have to rest themselves to continue the test.
Inability to release or squeeze the handle mechanisms.	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.
Inability to complete the task	

! **Event 15: Half Mile Walk**

- Participant will be required to walk a half mile. The participant will be required to wear the provided turnout gear donned in Event 9 (pant, suspenders, and jacket). The helmet may be removed prior to beginning this event. The participant has the choice to change their shoes into their personal rubber soled shoes that are approved by the test proctor(s).

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Inability to complete the task	The applicant must remain on the predetermined designated course. Deviating off of the course requiring the test proctor to adjust the applicant's route will result in added time.

! **Event 16: Truck Climb**

- Walk to the side door of the ambulance and climb into the truck (the side door will be opened).
- Sit down in the "Captain's Chair" and state "Buckled or Fastened." When the applicant is appropriately position in the "Captain's Chair" and states "Buckled or Fastened" the time will be stopped and recorded.

Failures

<i>Critical</i>	<i>Minor (Add 15 seconds to Total time of Completion)</i>
Unable to enter the ambulance	Stumbling/tripping causing the applicant to have to reset themselves to continue the test.
Falling	Hopping or jumping in or out of the ambulance.
Inability to complete the task	Unsafe actions or equipment use by the applicant causing the proctor to stop the test and fix the issue.