

**MECKLENBURG EMS AGENCY (MEDIC)
MEDIC PHYSICAL ABILITY TEST**

MEDPAT

Mecklenburg EMS Agency
Medic Physical Ability Test (MEDPAT)
Test Description

General Description

The Medic Physical Ability Test (MEDPAT) is designed to simulate the critical physical tasks performed by Paramedics and EMT's during emergency situations. This test has been designed to simulate only tasks deemed to be critical by employees of the Mecklenburg EMS Agency and is not necessarily representative of tasks performed in other agencies.

The MEDPAT consists of ten events performed continuously. Participants are timed from the instruction to begin until completing the final event. In addition, Event #8 (Chest compressions) is timed separately. Failure to complete either Event # 8 in a designated time of 2 minutes and 15 seconds or to complete the entire MEDPAT in a time of six minutes and 35 seconds will result in test failure.

The MEDPAT is administered by two Test Proctors. The Lead Proctor keeps the total test time and gives instructions to the Test Participant. The Chest Compressions Proctor times and counts compressions on Event #8. Additional assistance may be utilized for resetting the course and for spotting on Event #4.

Event #1: Truck Exit

1. Begin from a seated position in the driver's seat of a "Medic Truck". The seatbelt and shoulder harness will be connected and the door will be closed but not locked.
2. Time will begin at the instruction of "Go". Unbuckle, open the door, step out of the truck, and advance to the rear of the truck (the rear doors will be open).

Event #2: Stretcher Lift Simulation

1. Lift the 85-pound curl bar from its start position inside the back end of the truck.
2. Walk backwards six feet while holding the curl bar, turn 90 degrees, and place the curl bar on top of the stair platform.

Event #3: Stretcher Push/Pull

1. Push or pull a stretcher loaded with weight equal to typical Medic "tool bags" a total distance of 100 feet (50 feet up, 50 feet back) along a carpeted course with 2X4's placed under the carpet every ten feet (see "Materials" for a detailed description). While pushing or pulling the stretcher, both hands must remain on the stretcher handles (if the stretcher is moved with only one hand in contact, the course must be restarted).

Event #4: Stretcher Stair Carry

1. Lift the curl bar from the stair platform and walk to front of stairs.
2. Walk backward up stairs to platform.
3. Turn 180 degrees.
4. Walk backward down stairs to floor. Walk to side of stairs and return the curl bar to the stair platform.

Event #5: Equipment Lift and Place

1. One at a time, lift three bags and one tank from table and place on designated location on floor (color coded).

Event #6: Equipment Transfer

1. Go to one knee, lift first bag/tank (from Event #5), stand, move to second designated location on floor (color coded), go to one knee, place item in designated location.
2. Repeat for items 2, 3, and 4.

Event #7: Patient Drag

1. Stand at the head end of a 150 pound simulated patient.
2. With head of patient off of floor, drag 5 feet to a weighted barrel, turn 180 degrees around barrel, and continue dragging until entire body of patient crosses start line (if the head of the patient is in contact with the floor, the patient may not be advanced).

Event #8: Chest Compressions

1. Perform 200 correct chest compressions in a time of two minutes and fifteen seconds or less.

Event #9: Stretcher Push/Pull

1. Push or pull a stretcher loaded with weight equal to typical Medic "tool bags" a total distance of 100 feet (50 feet up, 50 feet back) along a carpeted course with 2X4's placed under the carpet every ten feet (see "Materials" for a detailed description). While pushing or pulling the stretcher, both hands must remain on the stretcher handles (if the stretcher is moved with only one hand in contact, the course must be restarted).

Event #10: Truck Climb

1. Return curl bar to back of truck. Walk to side door and climb into truck (the side door will be open). When second foot touches down on truck floor, time is stopped.

Event #5: Equipment lift and place

- Table set at height of stretcher placed on platform
- Three Medic bags varying colors weighted with standard equipment and one tank (black box 16 pounds, red bag 19 pounds, Zoll 18 pounds, O2 tank 11 pounds)
- Four painted marks (color coded to coincide with Medic bags/tank) on floor adjacent to table.

Event #6: Equipment Transfer

- Three Medic bags varying colors weighted with standard equipment and one tank
- Four painted marks (color coded to coincide with Medic bags) centered ten feet from marks in Event #5

Event #7: Patient drag

- 150 pound simulated patient (dressed in long pants, t-shirt, no shoes).
- Barrel filled with water (large enough to not move during patient drag)

Event #8: Chest compressions

- Standard CPR dummy

Event #9: Stretcher Push

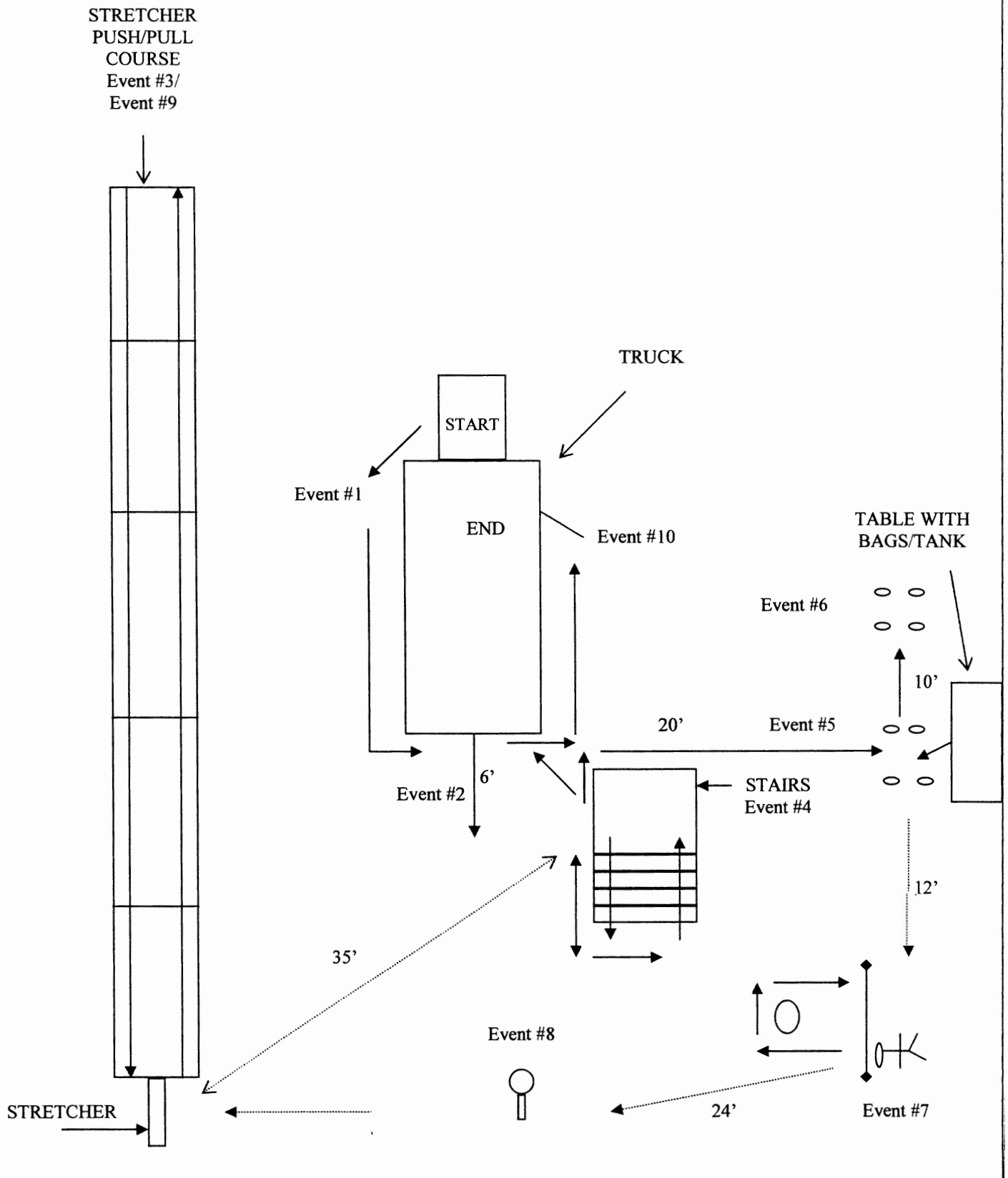
- Same as Event #3

Event #10: Truck climb

- Medic truck
- 82 pound Curl Bar

MEDPAT COURSE DIAGRAM

FULL LAYOUT



Mecklenburg EMS Agency
Medic Physical Ability Test (MEDPAT)
Test Description Form

The Medic Physical Ability Test (MEDPAT) is designed to simulate the critical physical tasks performed by Paramedics and EMT's during emergency situations. The MEDPAT consists of ten events performed continuously. You will be timed from the instruction to begin until completing the final event. In addition, Event #8 (Chest compressions) is timed separately. Failure to complete either Event # 8 in a designated time of 2 minutes and 15 seconds or to complete the entire MEDPAT in a time of 6 minutes and 35 seconds will result in test failure.

You will be required to wear rubber-soled shoes and long pants while participating in the MEDPAT. You will be provided with (and required to wear) a hard hat.

During the course of the test, you may not run at any time (the penalty for running will be to return to the start of the event where running occurred).

During the course of the test, the lead proctor will give on-going instructions to lead you through the course. After reviewing this form, you will have an opportunity to ask questions for clarification of directions.

Event #1: Truck Exit

You will begin from a seated position in the driver's seat of a "Medic Truck". The seatbelt and shoulder harness will be connected and the door will be closed but not locked. Time will begin at the instruction of "Go". Unbuckle, open the door, step out of the truck, and advance to the rear of the truck (the rear doors will be open).

Event #2: Stretcher Lift Simulation

You will lift the 85-pound curl bar from its start position inside the back end of the truck. You will then walk backwards six feet while holding the curl bar, turn 90 degrees to your right, and place the curl bar on top of the stair platform. You will then walk to the stretcher.

Event #3: Stretcher Push/Pull

You will push or pull the stretcher a total of 100 feet (50 feet up, 50 feet back) along a carpeted course with 2X4's placed under the carpet every ten feet. While pushing or pulling the stretcher, both hands must remain on the stretcher handles (if the stretcher is moved with only one hand in contact, the course must be restarted). You will then walk to the stair platform.

Event #4: Stretcher Stair Carry

Lift the curl bar from the stair platform and walk to front of stairs while facing away from the stairs. You will then walk backward up the stairs until reaching the platform. Turn 180 degrees and walk backward down the stairs to the floor. Walk to side of stairs and return the curl bar to the stair platform. You will then walk to the equipment lift station.

Event #5: Equipment Lift and Place

One at a time, lift three bags and one tank from table and place on designated location on floor. The items and floor locations are color coded (i.e. green to green).

Event #6: Equipment Transfer

Go to one knee, lift first bag/tank (from Event #5), stand, move to second designated location on floor (color coded), go to one knee, place item in designated location. You will then repeat this process for items 2, 3, and 4. If you do not go to one knee while lifting or placing the item, you will be required to repeat that item. Walk to the patient drag station.

Event #7: Patient Drag

You will stand at the head end of a 150 pound simulated patient. Lift the head of the patient off of floor, drag 5 feet to a weighted barrel, turn 180 degrees around barrel, and continue dragging until entire body of the patient crosses the start line (if the head of the patient is in contact with the floor, the patient may not be advanced). Walk to the chest compressions station.

Event #8: Chest Compressions

You will perform 200 correct chest compressions on a CPR mannequin. The compressions must be completed in a time of two minutes and fifteen seconds or less or the test will be terminated. You will then walk to the stretcher.

Event #9: Stretcher Push/Pull

You will push or pull the stretcher a total of 100 feet (50 feet up, 50 feet back) along a carpeted course with 2X4's placed under the carpet every ten feet. While pushing or pulling the stretcher, both hands must remain on the stretcher handles (if the stretcher is moved with only one hand in contact, the course must be restarted). You will then walk to the stair platform.

Event #10: Truck Climb

Pick up the curl bar from the stair platform and return it to the back of the truck. Walk to side door and climb into truck (the side door will be open). When second foot touches down on truck floor, time is stopped.

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

signed

date

Medical Clearance Form (applicant)
To Participate in a Medic Physical Ability Test
In Consideration for Employment

PATIENT LAST NAME (print) FIRST NAME MI

To the examining physician

In order to assure that candidates for the position of EMT or Paramedic are able to adequately perform the critical tasks associated with the job, it is the policy of the Mecklenburg EMS Agency that candidates must participate in and pass a job simulation physical ability test (see attached description of test). By signing below, you are indicating that (1) you are familiar with the medical history and current condition of the patient named above, and (2) that in your opinion, the patient should be able to participate in the described test without foreseeable medical danger to himself/herself.

PHYSICIAN SIGNATURE

PHYSICIAN NAME (print or stamp)

ADDRESS

DATE OF EXAMINATION

Note to Applicant: Bring this completed form with you on your test date. You will not be able to participate if this form has not been completed.

**Medic Physical Ability Test
Applicant Waiver of Claim for Injury**

By signing this form, you are agreeing to voluntarily participate in the physical ability test that has been described to you. This test will be administered by the Mecklenburg EMS Agency. The purpose of the test is to determine whether you do or do not currently possess the minimal physical abilities necessary to perform the job of an EMT or Paramedic.

I understand that the Medic Physical Ability Test requires a high level of physical exertion. I also understand that there is a potential for injury while participating in such a test. I also understand that I may decide to stop at any time during the course of the test. To the best of my knowledge, I am physically able to safely participate in the test. Considering all of these points, I agree to voluntarily participate in the Medic Physical Ability Test as part of my consideration for employment. In addition, I hereby waive any and all claims for or arising out of any injury I might sustain or incur as a result of my participation.

LAST NAME (print)	FIRST NAME	MI
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APPLICANT SIGNATURE	DATE
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In case of emergency, I authorize the Mecklenburg EMS Agency to contact:

Name: _____

Address: _____

Telephone: _____

Training Suggestions for Applicants

In order to assure that candidates for the position of EMT or Paramedic are able to adequately perform the critical tasks associated with the job, it is the policy of the Mecklenburg EMS Agency that candidates must participate in and pass a Medic Physical Ability Test (MEDPAT). The MEDPAT requires a moderate to high level of physical exertion.

In preparing for the MEDPAT, you are strongly advised to attend a practice session to familiarize yourself with the test props. Practice sessions will be supervised by trained proctors who will answer any questions that you have related to taking the MEDPAT.

However, physical preparation for the MEDPAT will be up to you. Successful completion of the MEDPAT requires good muscular strength and endurance, as well as sufficient aerobic capacity. It is strongly advised that you prepare yourself by performing the following exercise routine every other day. The only equipment needed will be a good pair of running shoes.

Applicant Exercise Routine

1. Jog 5 minutes
2. 20 half-squats: Looking straight ahead, bend at knees until knees are at a 90-degree angle. Return to start. Keep back straight and move slowly throughout motion.
3. Jog 2 minutes
4. 20 sit-ups
5. Jog 2 minutes
6. 20 push-ups
7. Jog 2 minutes
8. 20 triceps dips: Place hands behind back onto chair or bench with legs extended in front of body. Slowly bend at elbows until upper arms are parallel to ground. Return to start.
9. Jog 2 minutes
10. 20 squat thrusts: Begin standing. Bend at knees and place hands on floor in front of body. Simultaneously hop back with feet to go into a push-up position. Perform 1 push-up. Hop back to squat position. Stand. This completes one repetition.
11. Jog 2 minutes
12. Repeat items 2-10
13. Jog 5 minutes
14. Stretch