

**Applicant Instructions
For the
Berkeley County Emergency Ambulance Authority
Physical Ability Test**

EMS-PAT

West Virginia EMS TSN Office

82 Sue Court

Martinsburg, WV 25405

***Berkeley County Emergency Medical Services
Physical Ability Test (EMS-PAT)
Test Description Form***

The EMS Physical Abilities Test (EMS-PAT) is designed to simulate the critical physical tasks performed by paramedics and EMT's during emergency situations. The EMS-PAT consists of events performed continuously. You will be timed from the instruction to begin until completing the final event. In addition, Event #6 (Chest compressions) is timed separately.

You will be required to wear rubber-soled shoes (i.e. Sneakers, running shoes, tennis shoes, etc.) and long pants that can either have a belt worn with them or have a tie at the waist to prevent them from falling down during testing while participating in the EMS-PAT. You will be provided with (and required to wear) a helmet.

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: Stretcher Lift Simulation

You will lift the 75-pound curl bar from its start position on the platform. You will then walk backwards approximately six feet while holding the curl bar, turn 90 degrees to your right, walk around the cones, and place the curl bar on top of the stair platform. You will then walk to the stretcher.

Event #2: Stretcher Push/Pull

You will push or pull the stretcher with equipment loaded on it a total of 50 feet (25 feet up, 25 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 #3: Stretcher Stair Carry

You will lift the 75-pound curl bar from the stair platform and walk to the front of the stairs then turn and face away from the stairs. You will then walk backwards up the stairs, walk backwards across the platform and then backwards down the other side of the stairs. You will then replace the bar back onto the platform and walk to the equipment station. Spotters will be used on this station at all times.

Event #4: Equipment Lift and Carry

You will lift and carry two equipment bags totaling 80-pounds along a marked course, up and over the stairs around the cone, then continue the same route along the marked course up and over stairs back to starting point. You must safely place the bags back at the start position. You are allowed to set the bags down and adjust grip if needed one time. If the bags are set down more than once or the bags are dropped the candidate must restart the station. Walk to the patient drag station.

Event #5: Patient Drag

You will stand at the head end of a 150 pound simulated patient strapped to a backboard. Lift the head end of the backboard off of floor, drag 25 feet to a cone, turn 180 degrees around cone, and continue dragging 25 feet back until entire board/body of the patient crosses the start line. Walk to the chest compressions station.

Event #6: Chest Compressions

You will perform 200 correct chest compressions at a rate of 100 compressions per minute on a CPR mannequin. You will then walk to the equipment lift and carry station.

Event #7: Equipment Lift and Carry

You will lift and carry two equipment bags totaling 80-pounds along a marked course, up and over the stairs around the cone, then continue the same route along the marked course up and over stairs back to starting point. You must safely place the bags back at the start position. You are allowed to set the bags down and adjust grip if needed one time. If the bags are set down more than once or the bags are dropped the candidate must restart the station. Walk to the stair platform. Spotters will be used on this station at all times.

Event #8: Stretcher Stair Carry

You will lift the 75-pound curl bar from the stair platform and walk to the front of the stairs then turn and face away from the stairs. You will then walk backwards up the stairs, walk backwards across the platform and then backwards down the other side of the stairs. You will then replace the bar back onto the platform and walk to the stretcher station.

Event #9: Stretcher Push/Pull

You will push or pull the stretcher with equipment loaded on it a total of 50 feet (25 feet up, 25 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 stretcher lift simulation.

Event #10: Stretcher Lift Simulation

You will lift the 75-pound curl bar from its start position on the platform. You will then walk backwards approximately six feet while holding the curl bar, turn 90 degrees to your right, walk around the cones, and place the curl bar on top of the stair platform.

If at any time during the PAT a candidate is unsafe or causes any station to become unsafe the lead proctor can discontinue the candidate from continuing the test which results in failure of the PAT and the candidate will be released from the remainder of the testing process.

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

Signed

Date

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 Berkeley County Emergency Medical Services that candidates must participate in and pass the EMS Physical Abilities Test (EMS-PAT). The EMS-PAT requires a moderate to high level of physical exertion.

Physical preparation for the EMS-PAT will be up to you. Successful completion of the EMS-PAT 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