



# Durham County EMS Agility Test



Durham County Emergency Medical Services will conduct a physical agility entrance examination for the positions of EMT, EMT-Intermediate and EMT-Paramedic to ensure the applicant's ability to perform the essential functions of the positions. The physical agility evaluation is designed to evaluate an applicant's strength, stamina, and overall physical ability to perform the duties of a field based emergency medical professional. It is designed to replicate activities encountered by EMS personnel, including CPR, moving and lifting patients, maneuvering stairs and a stretcher. The specific tasks must be completed within the 4.30 minute time limit. This evaluation will occur prior to completion of the general knowledge examination, skills testing and interview. Applicants must pass the agility test prior to being allowed to continue in the assessment process. Be sure to bring the proper attire for each part of the testing process.

The test procedures are as follows:

- Each candidate must sign a waiver prior to taking the physical agility test.
- The waiver will be collected by the examiner before participating in the test.
- The test is administered by a Durham EMS Education Department Representative who has the obligation to stop the test at any time to prevent injury to the applicant.
- All tests shall be scored as "PASS" or "FAIL" and have the time recorded.
- The exam will consist of ten (10) events.
- Applicants must wear a helmet, long pants and footwear with no open heel or toe. Watches and loose / restrictive jewelry will not be permitted (We can provide a helmet).
- The clock will not be stopped during the test until all events are completed, or the evaluator stops the test for some other reason.
- Only one attempt will be allowed to complete the physical agility test per day.
- Applicants that do not successfully complete the agility test or assessment center may return for the next posted agility testing date.
- If you have a medical condition, you should be evaluated by a physician before participating in the Durham County EMS agility test.
- Proper lifting technique is required to reduce the risk of injury. The examiner will coach the applicant to insure proper body positioning during the lifts.
- Successful completion of the lifting segment of the physical agility test requires the applicant to perform all lifts safely with good body positioning.
- At no time will the applicants run during the agility test.
- Applicants who agree to this testing do so with the full understanding that neither Durham County Government nor Durham County EMS is responsible for any injury that might be sustained during the test.

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The major areas of fitness tested by the Physical Agility Test are:

1. Aerobic Capacity & Cardiopulmonary Endurance
2. Muscular Strength
3. Muscular Endurance

## *Description of Physical Agility Test Evaluation*

1. **Truck Exit**-Applicants will exit from the driver's seat of the ambulance and walk to the rear of the ambulance and open the rear doors.
2. **Stretcher Lift**-Applicants will remove a 55-pound (25-kg) weight bar from the rear of the ambulance, walk 10 feet and place the weight bar on a table.  
Purpose of Event: The purpose of this event is to simulate the candidate removing the stretcher from the ambulance.
3. **Stretcher obstacle course** – The applicant will maneuver a 100 lb stretcher over a distance of 40 feet over uneven ground with the stretcher in its highest position, turn around and return to the starting line. At a number of locations during the 80 feet, the applicant will need to navigate the stretcher over obstacles.  
Purpose of Event: The purpose of this event is to simulate moving a patient on a stretcher over difficult terrain.
4. **Maneuvering Stairs**-For this event, you must grasp a 55-pound (25-kg) weight bar by the handle, walk up seven (7) stairs to the top of the landing, turn around and back down the stairs holding the weight. You will be spotted while coming down the stairs backwards. Once at the bottom of the stairs, the weight bar will be placed on a table.  
Purpose of Event: This event is designed to simulate the task of carrying a stretcher up and down a set of stairs.
5. **Equipment Transfer**– The applicant will move from a marked area on the ground, an airway bag, oxygen tank, medication box and cardiac monitor, 5 feet and set the objects down on a table.  
Purpose of Event: The purpose of this event is to simulate moving medical equipment from the field to the ambulance using proper body mechanics.

6. **Moving a Patient**-For this event, you must grasp a 165-pound (74.84-kg) mannequin with assistance (assistant will lift at feet) ; drag it 10 feet (10.67 m) to a pre-positioned drum. No moving devices are permitted to help move the patient and you are not permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line.  
Purpose of Event: This event is designed to simulate the critical task of removing a victim or injured partner.
  
7. **CPR**-Applicants will complete 100 chest compressions on a manikin on the ground. AHA guidelines will not be evaluated.  
Purpose of Event: The purpose of this event is to simulate the candidate performing CPR while in the floor for a period of time.
  
8. **Repeat stretcher obstacle course** – The applicant will maneuver a 100 lb stretcher, over a distance of 40 feet over uneven ground with the stretcher in its highest position, turn around and return to the starting line. At a number of locations during the 80 feet, the applicant will need to navigate the stretcher over obstacles.  
Purpose of Event: The purpose of this event is to simulate moving a patient on a stretcher over difficult terrain.
  
9. **Return to ambulance** – The applicant will return to the ambulance and climb in the driver’s seat. Time will then end for the test.



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