



FORT MYERS BEACH FIRE DEPARTMENT

100 VOORHIS STREET · FORT MYERS BEACH, FLORIDA 33931
MAILING ADDRESS: PO Box 2880 · FORT MYERS BEACH, FLORIDA 33932

PARAMEDIC PHYSICAL AGILITY PRE-EMPLOYMENT EVALUATION

Pre-Employment Evaluation – PARAMEDIC ONLY

This physical evaluation is designed to evaluate an Applicant's ability to perform basic paramedic functions by utilizing exercises that simulate paramedic functions. This evaluation is designed to be completed by an Applicant in a continuous fashion without breaks or rest between stages. This physical evaluation is graded on a **Pass/Fail** system and no points are awarded for completion times. Applicants must complete **ALL** exercises within 6 minutes to **Pass** the evaluation. All exercises should be performed utilizing proper body mechanics and personal safety.

Stage One: Stair Carry

Applicants will wear a 50 lb. vest and ascend to the top of the fire tower. The applicant will kneel on the platform and the knee must touch the floor. The Applicants are required to utilize every step while ascending and descending the fire tower. The applicant will then descend to ground level. The vest will be removed, completing Stage One, and the applicant will then proceed to Stage Two without a rest period.

Failure: Unable to ascend or descend the stairs with the 50 lb. vest. The Applicant is not allowed to stop and rest during the carry. Must use proper body mechanics.

Stage Two: Stretcher Pull

The Applicant will push or pull the stretcher (with equipment loaded on stretcher) a total of 50 feet (25 feet up, 25 feet back) along a carpeted course with two 2 x 4'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). This completes Stage Two, the Applicant will then proceed to Stage Three without a rest period.

Failure: Stretcher goes off carpeted path. Equipment falls from stretcher. Stretcher falls over. One hand comes off stretcher. The Applicant is not allowed to stop and rest during the event.



FORT MYERS BEACH FIRE DEPARTMENT

100 VOORHIS STREET · FORT MYERS BEACH, FLORIDA 33931
MAILING ADDRESS: PO BOX 2880 · FORT MYERS BEACH, FLORIDA 33932

PARAMEDIC PHYSICAL AGILITY PRE-EMPLOYMENT EVALUATION

Stage Three: Chest Compressions

The Applicant must perform 100 chest compressions hard and fast at a rate of at least 100 compressions per minute. The evaluator will count aloud each compression and advise the Applicant when 100 compressions is completed. The Applicant will then proceed directly to the next event without stopping.

Failure: Must be quality CPR. Depth of compressions must be one-third the diameter of the chest. The Applicant will not stop compressions once started and must perform 100 compressions. If the Applicant stops prior to the evaluator advising the completion of 100 compressions, the Applicant will fail the event and the entire PAT.

Stage Four: Equipment Carry (Cardiac Monitor, Blue Jump Bag, Pediatric Bag, Stretcher)

The Applicant will lift three pieces of equipment from the stretcher one at a time and place on the designated location on the floor. The Applicant will go to one knee each time for placement of equipment (knee must touch the floor), place first bag/tank, stand, move to the second designated location on the floor, go to one knee, place item in designated location. Applicant will then repeat process for items three and four. If Applicant does not go to one knee, they will be required to repeat the process.

Failure: Does not go to one knee (knee fails to touch the floor). May not use equipment to stand back up while placing the item; Applicant will be required to repeat that item. Drops equipment. If Applicant falls during movement.

Stage Five: Manikin Drag

The Applicant will drag a 165 lb manikin 75 feet. The manikin's feet must completely pass the cones for time to stop. The Applicant may use variety of dragging techniques but none may compromise proper body lifting techniques or jeopardize safety. This completes Stage Five and Evaluation.

Failure: The Applicant may only stop to reset his/her grip once. If an Applicant stops to rest more than once or drops the manikin's head to the ground, the Applicant will fail the event and the entire PAT.