

**Cherry Hill Fire Department  
Emergency Medical Services  
Physical Ability Course**



The following information is designed to describe the physical tasks you will be required to perform for the Cherry Hill Fire Department Emergency Medical Services Division.

- Applicants will need to wear comfortable clothing and running shoes
- Applicants will be ranked based on time

The course will include:

**I: Pre-test warm up**

A 5-minute warm-up will be available for any candidate prior to the event. Warm-up options available include walking, jogging, biking on a stationary bike or rowing on a commercial rower. This combined with proper stretching is recommended as a warm-up for the PAT. This is not a timed event but is offered to ensure proper warm-up.

**II: Physical ability and BLS Skills Examination**

Applicants will be given an overview of the Course and equipment prior to the assessment.

The physical ability course is designed to simulate the many physical tasks required of an EMT or Paramedic. The course consists of a sequence of events requiring the candidate to progress along a predetermined path from event-to-event in a continuous manner. Successful applicants will complete the course in 15 minutes or less. Scoring is based on total time required to complete the examination (less time = higher score).

**A. Equipment Carry** – The applicant will carry 50-pound object 50 feet, set the object down, pick it back up and carry the object back to the starting point.

*Purpose of Event:*

The purpose of this event is to simulate carrying essential medical equipment to the patient's side. This event will assess the applicant's ability to lift using proper body mechanics, as well as challenge the applicant's upper body muscular strength and endurance, lower body muscular strength and endurance, grip endurance and balance. This event affects the aerobic energy system as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps and hamstrings.

Failures:

- \_\_\_ Dropping equipment
- \_\_\_ Inability to complete task
- \_\_\_ 3 warnings for safety concerns

- B. Stair Climb** - The applicant will pick up a 35-pound object (simulating an airway bag) and a 25-pound object (simulating an equipment bag). The applicant will ascend to the 2nd floor with the equipment, return to the 1<sup>st</sup> floor, then ascend back to the 2<sup>nd</sup> floor, set the equipment down and perform 2 minutes of hands only Cardiopulmonary Resuscitation (CPR) on a manikin. The applicant will then carry a stair chair with a 120-pound object (simulating a patient) secured to it down the stairs with one assistant.

*Purpose of Event:*

The purpose of this event is to simulate applicant's ability of climbing stairs while carrying 60 pounds of essential medical equipment, perform CPR to current standards, and safely maneuver a simulated patient down a flight of stairs and to the ambulance for transport to the hospital. This event challenges the applicant's aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, grip endurance and balance. It also affects the aerobic/anaerobic energy systems as well as the following muscle groups: chest, upper back, biceps, triceps, deltoids, quadriceps, hamstrings, glutes, calves and lower back stabilizers.

Failures:

- ☐ Dropping equipment
- ☐ Inability to complete task
- ☐ 3 warnings for safety concerns

- C. Lifting and moving a scoop stretcher and ambulance stretcher** – With one assistant, the applicant will lift a scoop stretcher with a 150-pound object secured to it, place it on the ambulance stretcher while the stretcher is in its lowest position. The applicant will then raise the manual stretcher to the highest position with the help of the assistant. The applicant will then lower the stretcher to the lowest position and move the 150-pound scoop stretcher back onto the floor.

*Purpose of Event:*

The purposes of this event are to evaluate the applicant's ability to safely lift and maneuver a patient onto a stretcher and load the patient in the ambulance for transport to the hospital. This event will assess the applicant's ability to maintain proper lifting techniques and challenge his/her aerobic/anaerobic and muscular endurance since it closely follows the stair climb event. The event also affects the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), quadriceps, glutes, hamstrings and lower back stabilizers.

Failures:

- ☐ Dropping equipment
- ☐ Inability to complete tasks
- ☐ 3 warnings for safety concerns

**D. Equipment Carry and Manikin Drag** – The applicant will pick up a 35-pound object (simulating an airway bag) and walk 50 feet. The applicant will place the item on the ground. The applicant will then drag a 150-pound object (simulating a patient) 50 feet. After laying the object down, the applicant will walk 50 feet through to a finish line. The applicant will receive their official time upon completion of this event and will be notified of any failures during the event that would inhibit them from proceeding in the applicant process.

*Purpose of Event:*

The purpose of this event is to simulate the ability to gain access to a patient requiring evacuation with medical equipment. The manikin drag simulates the ability to remove a victim or injured partner from a dangerous scene. This event challenges the applicant's agility and position tolerance, aerobic/anaerobic energy systems, upper and lower body muscular strength and endurance as well as the following muscle groups: muscles of the chest, shoulders, back, biceps, triceps, abdominals, lower back stabilizers, trapezius, deltoids, latissimus dorsi, torso rotators, muscles of the forearm and hand (grip), quadriceps, glutes and hamstrings.

*Failures:*

- \_\_\_\_ Dropping equipment/manikin
- \_\_\_\_ Inability to complete course
- \_\_\_\_ 3 warnings for safety concerns