

## **Forsyth County Emergency Services - EMS Division Physical Agility Test (PAT)**

The Physical Agility Test (PAT) is a timed event and is designed to simulate critical physical tasks performed by Emergency Healthcare Workers during emergency situations and to evaluate the physical capacity, strength, endurance, flexibility and balance to perform required critical tasks.

Participants are required to wear weather appropriate clothing including rubber-soled, closed toed shoes and long pants while participating in the PAT.

For safety reasons participants may not run at any time during the PAT. Participants who run during any part of the PAT will be disqualified.

Participants will receive familiarization with the course and events of the PAT prior to beginning and will have an opportunity to ask questions. During the course of the test the lead proctor will accompany the participant through the events and will give ongoing instructions to guide the participant through the course.

Prior to the PAT the participant will have an opportunity to review this form and to ask questions for clarification or explanation.

### **I      Agility Description:**

#### ***Event #1: Truck Exit***

Equipment – Ambulance

Purpose of Evaluation - All ambulance calls begin when a medical provider arrives on the scene of an emergency and exits their vehicle. The PAT is designed to simulate an ambulance call from beginning to end, thus, we begin by exiting the vehicle and retrieving equipment.

Event – The participant will begin from a seated position in the driver's seat of a vehicle. The seatbelt and shoulder harness will be connected and the door will be closed, but not locked. When "time" begins the participant will exit the cab, go to the rear of the patient care compartment, the participant will remove the stretcher, an assistant will lower the wheel carriage (the stretcher will have the Main Medical Bag, Oxygen, Suction, and Monitor/Defibrillator secured to it). The participant will move immediately to Event #2.

#### ***Event #2: Equipment Carry***

Equipment – Stretcher with Main Medical Bag, Oxygen, Suction, and Monitor/Defibrillator secured to it.

Purpose of Evaluation – This event replicates carrying essential equipment to the patient. This event evaluates aerobic capacity, upper body strength, lower body strength, balance and anaerobic endurance.

Event - The participant will carry the Main Medical Bag, and one other piece of equipment a total of 100 feet across a paved or non-paved surface. The event will terminate at the location of Event #3.

Disqualifications – Failure to complete the event, setting down the equipment, or dropping the equipment.

#### ***Event #3 Car Entry***

Equipment – Vehicle,

Purpose of Evaluation – This event evaluates the participants ability to physically enter and move through a passenger vehicle.

Event - The participant will set the Main Medical Bag and other piece of equipment down at the back of the vehicle and enter the vehicle from the rear seat on drivers side, shut the door, slide across and exit the passenger side, then return to the rear of the vehicle, pick up the Main Medical Bag and other piece of equipment and move on to Event #4.

Disqualifications – Inability to get into or out of the vehicle without assistance.

#### ***Event #4 Stair Climb with Equipment***

Equipment - Main Medical Bag and one other piece of equipment

Purpose of Evaluation - This event is designed to simulate the critical tasks of ascending and descending stairs with essential EMS equipment as well as maneuvering through or around obstacles. This event evaluates aerobic capacity, upper and lower body muscular strength and endurance, balance and coordination.

Event - The participant will ascend the stairs to the 5th floor while carrying the Main Medical Bag and other piece of equipment. The participant must touch each stair tread. Once at the 5th floor (ground is 1st floor) the participant will complete Event #5A. The participant may elect to set the equipment down upon arrival at Event #5A.

Disqualifications – Failure to complete the event, lowering Main Medical Bag and other piece of equipment to the ground before arriving at Event #5A, failure to touch each step while ascending (skipping steps), inability to maneuver through doorway without assistance.

#### ***Event #5A: Chest Compressions***

Equipment – CPR manikin

Purpose of evaluation – This event simulates the critical task of chest compressions while performing CPR on an adult patient in cardiac arrest. A total of 200 chest compressions must be completed in a time of two minutes (AHA standard). This event evaluates aerobic capacity, upper body muscular strength and endurance.

Event - Chest compressions must be hard and fast at a compression depth of 2 inches and at a rate of 100 compressions per minute. The evaluator will start the clock with the first compression. The participant will continue to compress the manikin's chest for two minutes. The evaluator will advise the participant when two minutes has elapsed.

Disqualifications – Pausing or stopping chest compressions prior to the time limit of 2 minutes is announced by the proctor, failure to maintain a compression depth of approximately 2 inches throughout the event, failure to achieve 200 chest compressions during the 2 minute event.

**Event #6** Upon completion of Event #5A the participant will descend with the Main Medical Bag and other piece of equipment to the 4th floor and complete Event #5B.

#### ***Event #5B: Ventilation simulation***

Equipment – CPR manikin and bag valve mask assembly

Purpose of event – This event simulates the critical task of providing positive pressure ventilation to a non-breathing patient. This event evaluates grip strength, flexibility and coordination.

Event - The participants will ventilate the CPR manikin once every 6 seconds for two minutes. The participant must demonstrate the ability to deflate the BVM sufficiently to adequately ventilate the average adult patient. The participant is allowed to change from one hand to the other at will, but must maintain a regular ventilation rhythm/rate of approximately one ventilation every 6 seconds for the entire 2 minute session.

Disqualifications – Stopping or pausing ventilations prior to the announcement by the proctor to “stop ventilations”, failure to consistently deflate the BVM sufficiently to ventilate the average adult patient, failure to maintain a ventilation rate of approximately one every 6 seconds.

**Event #7** Upon completion of Event #6 the participant will descend with the Main Medical Bag and other piece of equipment to the 3rd floor and repeat Event #5A.

**Event #8** Upon completion of Event #7 the participant will descend with the Main Medical Bag and other piece of equipment to the 2nd floor and repeat Event #5A.

**Event #9: Patient Drag** Upon completion of Event #8 the participant will descend with the Main Medical Bag and other piece of equipment to the 1st floor and complete Event #9. The participant may elect to set the Main Medical Bag and other piece of equipment down on the ground.

Equipment – 185 lb patient manikin

Purpose of event – This event is designed to simulate the rescue and removal of a patient or partner from a dangerous or hazardous environment by a single rescuer. This event evaluates aerobic capacity, anaerobic endurance, upper and lower body strength, balance, grip strength, endurance and flexibility.

Event – Participant will stand at the head of a 185 lb. patient manikin. The participant will grasp the manikin by any safe means. The participant will then drag the manikin backward for 20 feet and turn the manikin around a cone marker. The participant will then lower the manikin back to a supine position on the ground. The participant will move immediately to

Event #10 (the participant must pick up the Main Medical Bag and other piece of equipment if it was placed on the ground).  
Disqualifications – Failure to complete the event, dropping the patient, allowing the head and shoulders of the patient to touch the ground during the “drag”, stopping during the drag except for rapid repositioning of grip.

***Event #10 Equipment Lift and Place***

Equipment – Four pieces of EMS equipment

Purpose of Evaluation – This event is designed to simulate frequent relocation of equipment during an emergency call. This event evaluates upper and lower body strength, balance, range of motion and flexibility.

Event - The participant will lift one piece of EMS equipment from the ground, enter the back of the ambulance and place it on the squad bench. The participant will repeat this process for the remaining 3 pieces of EMS equipment. The participant will immediately move to Event #11.

Disqualifications – Failure to complete the event, dropping the equipment, making unsafe movements.

***Event #11: Stretcher Loading***

Equipment: Stretcher with 185lb weighted manikin

Purpose of event - This event is designed to simulate loading an adult patient into the ambulance by stretcher. This event evaluates the strength needed to load a patient by stretcher.

Event - Upon completion of event #10 the participant will pick up the Main Medical Bag and other piece of equipment and carry them to the ambulance. Once at the ambulance they will set the equipment down with the other two pieces of EMS equipment. A stretcher with 185 lb manikin will be sitting in "load" position with safety hook engaged. The participant will lift the foot end of the stretcher, an assistant will raise the wheel carriage, the participant will load and secure the stretcher. Upon Completion participant will move to the "Captains Chair" secure themselves with the seatbelt and time will stop, the agility test is complete.

Disqualifications - Failure to complete the event, dropping the stretcher, losing control of the stretcher, failure to properly secure the stretcher once loaded.