

The Paramedic Candidate – Physical Abilities Test (PC-PAT)

Information Package

Administered for Medavie HealthEd by:



The Paramedic Candidate – Physical Abilities Test

A partnership between Lifemark and Emergency Medical Care

INTRODUCTION

Paramedics have a unique occupation, with many physically demanding job duties. Physical fitness underlies each paramedic's ability to perform these critical tasks safely and effectively. Consequently, applicants to Medavie HealthEd must demonstrate that they have the physical capabilities necessary to perform the bona fide occupational requirements of a paramedic by successfully completing the pre-employment **Paramedic Candidate – Physical Abilities Test or PC-PAT**.

As part of an ongoing effort to optimize the health and safety of its paramedic workforce, Medavie HealthEd has partnered with Lifemark to administer the PC-PAT to ensure that all paramedic candidates are capable of safely performing their essential job demands.

Lifemark has worked closely with Medavie HealthEd to identify the essential physical demands of a paramedic and determined the physical capacities required for safe, efficient and reliable performance of the essential job demands. The PC-PAT was developed by Lifemark to determine whether each candidate has the appropriate capacities necessary for safe, efficient and reliable performance of a paramedic's duties.

This information package includes:

- Test Preparation Instructions
- Waiver of Liability and Indemnity Agreement - **IMPORTANT**
- Consent to Assessment and Release of Information Form - **IMPORTANT**
- Pre-Test Clearance Evaluation Requirements
- Description of Test Protocol
- PC-PAT Result Form - **IMPORTANT**
- PAR-Q
- PARmed-X and PARmed-X for Pregnancy

Testing will only be administered by Lifemark professionals or professionals approved by Lifemark. Test administrators must hold at least one of the following university degrees: Bachelor of Science in Kinesiology, Master of Science in Kinesiology, Bachelor of Human Kinetics, and/or Bachelor of Science in Physiotherapy.

Best of Luck!

TEST PREPARATION

Please keep this sheet for your reference and contact Lifemark if you have any questions.

The PC-PAT is booked through and administered by Lifemark. Please identify yourself as a Paramedic Candidate to Lifemark's Administration Desk Staff.

LOCATION:

Lifemark Health Centre
7071 Bayers Road, Suite 217
Halifax, NS B3L 2C2
P. 902.425.8484

Please arrive at least 15 minutes in advance of your appointment time to give yourself ample time to make payment, change into appropriate attire and complete any outstanding pre-clearance forms.

You must bring your driver's license or government issued photo ID with you to verify your identity.

WHAT TO WEAR:

We recommend that all candidates complete the test in comfortable long pants, t-shirt, and running shoes. You are permitted to wear weightlifting-type gloves if you prefer. This may improve your grip.

EXERCISE & NUTRITION INFORMATION:

We recommend that you do not exercise intensely or drink alcoholic beverages at least twelve hours prior to your test. In addition, please do not eat a lot, smoke, or drink caffeinated beverages at least 2 hours prior to your test. These factors can adversely affect performance. Candidates are expected to arrive well hydrated and ready to participate in testing.

You should bring your own water.

TO BOOK A TEST CONTACT THE LIFEMARK CLINIC

COST: \$75 +HST

Payment is due UPON ARRIVAL at Lifemark and can be made by cash, debit, Visa, or MasterCard.

NOTE: If a test needs to be cancelled and/or rescheduled, you must notify the clinic directly at least 24 hours in advance to avoid a cancellation fee. In the event of illness, a suitable alternate date will be selected.

WAIVER OF LIABILITY & INDEMNITY AGREEMENT

Waiver of Liability

In consideration of my participation in the Paramedic Candidate – Physical Abilities Test (PC-PAT), I _____ understand that the test represents strenuous physical activities and includes inherent risks.

I understand that my participation in the PC-PAT is entirely voluntary and I hereby assume all risks and responsibilities associated with my participation. I furthermore do release, waive, and discharge Lifemark and its entire staff from any and all claims arising out of ordinary negligence or any other factors that arise during my participation in the test.

The above waiver applies to myself, my heirs, personal representatives and assigns and it applies to any personal injuries, accidents, illnesses, and/or death, arising directly or indirectly from my participation in the PC-PAT and/or activities directed or suggested by Lifemark staff during administration of the PC-PAT.

Initial _____

Indemnity Agreement

I hereby agree to indemnify and hold harmless Lifemark, its owners, officers, employees, agents, volunteers, students and insurance carriers from any and all claims, whether initiated by me or a third party. I further agree to pay all expenses, including court and attorney fees, incurred by Lifemark or any of the aforementioned parties, through investigating and defending a claim resulting from my participation in PC-PAT under all applicable laws and regulation in the Province of New Brunswick / Nova Scotia.

Initial _____

Informed Consent

I have read the Waiver of Liability and Indemnification Agreement and fully understand their terms, including the fact that I am giving up substantial rights to pursue damages in case of illness, injury or death. I acknowledge that I am signing these documents voluntarily and intend my signature to be a complete and unconditional release of the liabilities described above.

Candidate Name
(Please Print): _____

Witness Name
(Please Print): _____

Candidate Name
(Please Sign): _____

Witness Name
(Please Sign): _____

Date
(DD/MM/YY): _____

Date
(DD/MM/YY): _____

CONSENT TO ASSESSMENT & RELEASE OF INFORMATION

I, _____ consent to participation in the Paramedic Candidate – Physical Abilities Test (PC-PAT) administered by a Lifemark Staff Member. I have been informed about the following:

- who will be performing the PC-PAT;
- the reasons why I am participating in the PC-PAT;
- what might happen if I do not participate in the PC-PAT; and
- what potential risks and/or side effects exist in participating in the PC-PAT

I understand the explanations and have no further questions. My consent is voluntary and I intend this consent form to cover the entire administration of the PC-PAT being conducted on the following date:

_____. I understand that I may ask questions at any time and that this consent may be withdrawn, in writing, at any time, except for actions already taken.

Initial _____

Furthermore, I authorize Lifemark to release my results of the PC-PAT to Medavie HealthEd. I understand that my ability to perform the physical demands of a paramedic is being evaluated and that the testing protocol has been developed based on an assessment of the essential physical demands of a paramedic. I also understand that no confidential medical information will be communicated to Medavie HealthEd. However, if an injury or medical condition affects my functional capabilities, I understand that the functional results of said injury or medical condition may be reflected in a verbal and/or written summary to Medavie HealthEd.

Candidate Name
(Please Print): _____

Witness Name
(Please Print): _____

Candidate Name
(Please Sign): _____

Witness Name
(Please Sign): _____

Date
(DD/MM/YY): _____

Date
(DD/MM/YY): _____

PRE-TEST CLEARANCE EVALUATION

1. The candidate should arrive at the pre-test screening ready to participate in the PC-PAT.
2. The PAR-Q, Waiver of Liability and Indemnity, Consent to Assessment and Release of Information and PC Result Form must all be completed and presented at the pre-test clearance evaluation.
3. If there are any "YES" responses on the PAR-Q, then the PARmed-X (or PARmed-X for Pregnancy) must also be completed and signed by a physician and presented at the pre-clearance evaluation along with the PAR-Q. If there are any medical contraindications, the test will not be administered.
4. The candidate must have a pre-test heart rate of less than 100 beats/min.
5. The candidate must have a pre-test blood pressure of less than 144/94 mmHg.
6. As per the Canadian Physical Activity, Fitness and Lifestyle Approach Guidelines, the candidate will be provided a five minute rest period if their heart rate and/or blood pressure exceed the above readings. Should either value exceed the above guidelines when the measurements are re-taken, the candidate will be excluded from participating in the test and referred to their physician.
7. Upon satisfaction of the above pre-test clearance criteria, the candidate will be asked directly if they know of any reason why they should not participate in the PC-PAT. Should they answer "NO", the test will proceed. Should they answer "YES", an alternate date may be considered, depending on the unique circumstances described by the candidate.

The Par-Q, PARmed-X and PARmed-X for Pregnancy should be attached. If they are not contact Human Resources at MEDAVIE HEALTHED

Reminder: The necessary forms must be completed in full and taken with you to the test area.

THE FOLLOWING IS IMPORTANT!

1. YOU MUST COMPLETE THE PAR-Q
2. DO NOT COMPLETE THE PARmed-X UNLESS YOU ANSWER 'YES' TO ANY QUESTION ON THE PAR-Q. If you do answer YES, the PARmed-X needs to be completed and signed by your doctor.
3. DO NOT COMPLETE THE PARmed-X for Pregnancy UNLESS YOU ARE PREGNANT

TEST PROTOCOL

The PC-PAT is used to select employment candidates that have the physical capabilities necessary to perform the bona fide essential duties of the job for which they are applying. A set of pre-employment screening tests has been developed for candidates applying for a Paramedic position.

This is a physically demanding test designed to test muscular strength and endurance, cardiopulmonary endurance and flexibility in a practical manner. Candidates who practice a healthy lifestyle and who follow a proper conditioning program, including these major areas of physical fitness, should be prepared to take this test. However, sedentary candidates will likely find this test difficult given the heavy objects that have to be manipulated during the protocol. Candidates may be required to consult with their physician to determine if it is safe for them to participate (see Pre-Test Clearance Evaluation).

The test protocol includes the pre-clearance evaluation and an obstacle course designed to simulate tasks encountered by paramedics in the field. Simulated chest compressions are included in the obstacle course and there are specific criteria to be met while performing these compressions.

Candidates must successfully complete the obstacle course *and* meet the criteria for chest compressions to successfully meet the PC-PAT requirement. Details are outlined below.

OBSTACLE COURSE

Equipment

- 25-lb dumbbells (2)
- 50-lb dumbbells (2)
- 100-lb barbell
- Static Push-Pull Gauge
- Stair Chair (loaded with 180 lbs)
- 3 Step Stair Case
- One standard CPR mannequin

Purpose of Evaluation

This event is designed to simulate emergency calls in the field. It mimics the handling of equipment and the critical task of removing a patient or injured partner from a rescue scene. This event challenges your cardiopulmonary capacity, total body strength and endurance and your ability to assume a variety of positions that are encountered in the field by first responders.

Event

The course is laid out in a straight “North – South” format with one 3-step staircase along the route. There are four (4) legs to be completed in succession with no stops in between.

The sequence of events is as follows:

LEG 1 (Equipment Carry Simulation)

1. Bilaterally pick up the 25-lbs dumbbells and follow the route straight to the marked turnaround point; turn around and return to starting position moving over the stairs.
2. Go to push/pull station (LEG 1 only); set dumbbells on floor and sustain one 5 sec static push and one 5 sec static pull of at least 85 lbs.
3. Pick up the 25-lbs dumbbells and repeat step 1.
- 4.

TEST PROTOCOL con't

LEG 2 (Patient Carry/Resuscitation Simulation)

1. Bilaterally pick up the 50-lbs dumbbells and follow the route straight to the marked turnaround point; turn around and return to starting position moving over the stairs.
2. Set dumbbells on the floor and perform two continuous minutes of sustained chest compressions (see important details on compressions below).
3. Pick up the 50-lbs dumbbells and repeat step 1.

LEG 3 (Stair Chair Simulation)

1. Wheel stair chair loaded with 180-lbs to the stairs and lift stair chair to the top step (partner assisted).
2. Lower the stair chair back to floor and continue wheeling it to the marked turnaround point; turn around and continue back to the starting position.
3. Turn around at the starting position and wheel the stair chair back to the marked turnaround point; turn around and wheel the stair chair to the stairs and lift the stair chair to the top step (partner assisted).
4. Lower the stair chair back to floor and wheel it back to the starting position.

Note: On return stair climb, change lifting position on the chair with the partner (i.e. bottom hold vs. top)

LEG 4 (Patient Carry Simulation)

1. Pick up the 100-lbs barbell and follow the route *bypassing the stairs* to the marked turnaround point; turn around and return to the starting point *bypassing the stairs* again.
2. Set down barbell and stand upright.
3. Pick up same 100-lbs barbell and follow the route **backwards**, *bypassing the stairs* to the marked turnaround point; turn around and return to the starting point *bypassing the stairs* again.

To Meet PC-PAT Requirement

The candidate must complete all aspects of the obstacle course within nine (9) minutes to meet the requirement. If the candidate is unable to complete the course within nine (9) minutes, drops an object, or is unable to complete any single aspect of the course they will not satisfy the PC-PAT requirement. Candidates may set down objects in a controlled manner to re-adjust their grip.

Note: Candidates must act as an assistant when another candidate is running LEG 3 of the PC-PAT. Candidates will assist each other in moving the loaded stair chair up and down the staircase. The Candidate running the test, not the assistant, will be primarily responsible for calling the lifting cues.

IMPORTANT DETAILS REGARDING CHEST COMPRESSIONS

Purpose of Evaluation

This portion of the obstacle course is included to simulate the critical task of chest compressions while performing CPR on an arrested patient. This challenges your cardiopulmonary capacity, upper body muscular strength and endurance, upper back muscular strength and endurance.

Event

Chest compressions must be hard and fast at a rate of 100 compressions per minute. A metronome will keep the required pace. The evaluator will start timing when the first compression is completed. The candidate will continue to compress the mannequin's chest for two (2) minutes. The evaluator will advise the candidate when the two (2) minutes has elapsed. The candidate will then resume the obstacle course without stopping.

To Meet PC-PAT Requirement

The candidate must not stop compressions once started. If the candidate stops prior to the evaluator advising the completion of two minutes, the candidate will not satisfy the PC-PAT requirements.