

Pre-Employment Screen Information

You have been scheduled to take a work fitness test with your hiring company. Before attending, **PLEASE REVIEW** the following information so that your appointment goes smoothly.

- Arrive 20 minutes before your scheduled appointment because you will need to fill out detailed paperwork prior to the test beginning at your designated time. Arriving 20 minutes early allows the test to begin ON TIME.
- Your test will take between 30 and 45 minutes
- If you are 15 minutes late to your appointment, your appointment **MUST** be rescheduled. **DO NOT** arrive late.
- If you have had any surgeries or procedures in the past **1 year** prior to your appointment date, you **MUST** bring a signed note from your doctor stating you are safe to perform a work fitness test where you must lift up to 175 pounds). It must be signed by an MD **not** an NP (nurse practitioner) or PA (physician assistant).
- **DO NOT** drink **coffee or any caffeinated drinks** at all the day of your test as this will increase your blood pressure and you will not be able to be tested! (this includes pre-workout and energy drinks)
- Wear athletic clothing and tennis shoes as you will need to be able to move your body through it's full range of motion without restrictions. Depending on the company, you may be lifting weights.
- Acadian Employees:
 - You will be performing a simulation of a stretcher and spine board lift. You will be required to lift up to 175 lbs.

Worksavers Test Restrictions and Need of Release

The stressful testing or job specific functional tasks (i.e. lifting) are not to be performed if:

- Resting BP or HR exceed safe testing parameters
- If there are s/s noted during eval that require med release or resolution
- If the test recipient being tested is intoxicated, overly medicated, or otherwise not of sound mind
- If there are chronic issues, surgery within the last year, or complex surgery within the last two years

Medications for opioid addiction require a medical release and cannot be taken day of testing:

- Suboxone (buprenorphine/naloxone)
- Bunavail (buprenorphine and naloxone)
- Cassipa (buprenorphine and naloxone)
- Sublocade (buprenorphine extended release)
- Buprenorphine
- Subutex (buprenorphine)
- Zubsolv (buprenorphine and naloxone)
- Methadone
- Naltrexone (ReVia, Vivitrol)
- Dolophine (methadone hydrochloride)
- Methadose (methadone hydrochloride)

Commons meds that are not allowed 24 hours prior to testing (but not limited to):

- Cyclobenzaprine (Amrix, Fexmid, FlexePax Kit, FusePaq Tabradol)
- Methocarbamol (Robaxin, Robaxin-750)
- Baclofen
- Carisoprodol (Soma)
- Tizanidine (Comfort Pac with Tizanidine, Zanaflex)
- Lyric (Pregabalin)** [if regular daily use, client to hold intake AM of testing]
- Vicodin (hydrocodone/acetaminophen)
- Diclofenac (Cataflam, Voltaren, Zipsor, Zorvolex)
- Valacyclovir
- Gabapentin (Neurontin)** [if regular daily use, client to hold intake AM of testing]
- Naproxyn (Naproxen)
- Norco
- Percocet
- Oxycodone
- Hydrocodone
- Meloxicam (Mobic, Vivlodex)
- Celebrex (Celecoxib)
- Tramadol
- Fentanyl Patch
- Morphine
- Toradol



Acadian Ambulance EMT Physical Abilities Test Protocol*



1

Stretcher unload/load simulation test

Starting Position

Finishing Position



Applicant must lift the device until wooden arm touches metal height meter (as seen at right) & HOLD that position for a full 5 seconds.

2

Equipment carry



- Applicant must lift and carry two 25-lb objects (e.g. dumbbell) up and down 36 steps.
- One 25 lb. item is in a hand while carrying a 25 lb. bag on the opposite shoulder.

Test Termination Points:

- Subject cannot safely lift required weight
- Subject reaches heart rate maximum: $220 - \text{age} \times .90$
Example (Age 25): $220 - 25 = 195 \times .90 = 175$ max
- Subject requests to stop

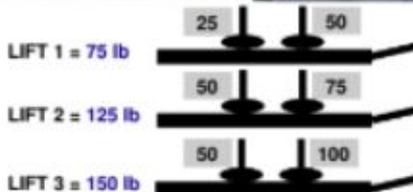
Lift testing was validated using a 220 lb. patient. Please remember to warm up prior to practicing.

3

Spine Board Lift Simulation

Starting Position

Finishing Position



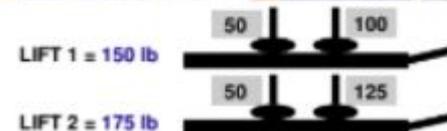
Progress through 3 lifts from a deep squat position, lifting weight to standing height. Height meter does not need to be touched by device arm for this test.

4

Stretcher Lift Simulation

Starting Position

Finishing Position



Progress through two consecutive lifts, lifting the bar/device from the lift stand as pictured. Finishing height is when long arm of device touches height meter (represents 35" hand height).

Exercise Recommendations for Acadian Lift Test

Floor to standing



- Job tasks:
- Spine board
 - Scoop stretcher
 - Stair chair lift (feet)
 - Titan/Tarp

Exercises

Trap Bar Deadlift



Squat



Dumbbell Lunge



Dumbbells - From Floor



Leg Press



Leg Curl



Cable Rows



Trap bar Rows



Lat-pulldown (palms up)



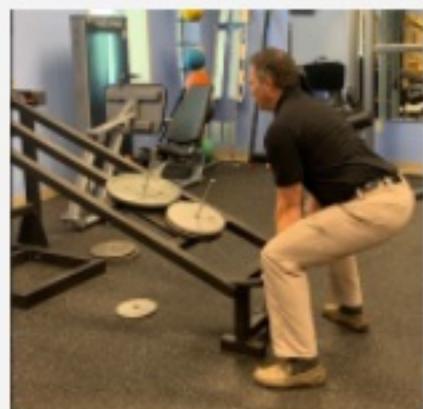
Barbell Rows



Dumbbell Curls



Knee to 35"



- Job tasks:
- Stretcher load
 - Stretcher lift
 - Stair chair lift (torso)
 - Stretcher lift over ground obstacles

Exercises

- ★ 2-4 sets of 5-8 repetitions
- ★ Frequency of 2-3x week
- ★ Select challenging weights

Any medical/orthopedic conditions? Discuss with personal doctor prior to starting