

North Country EMS

Physical assessment

The NCEMS physical assessment is a pass / fail assessment. The intent of this physical test is to ensure the candidate is physically capable to perform the job functions of an NCEMS field crewmember in a safe and efficient manner.

Prior to initiating the physical assessment test, all of the candidates will be walked through the physical assessment course. The candidates will be read the critical fails for the course to ensure they understand the requirements of the assessment. This is the candidate's opportunity to ask any questions about the physical assessment course. Prior to initiating the test, the candidate will be given appropriate time to stretch and warm up in any manner they deem appropriate.

The test will begin when the candidate exits the front of the ambulance, and the test concludes when the candidate safely moves the 200 LB dummy from the gurney to the bench seat in the ambulance. The physical assessment test can be stopped at any time if the proctor deems the candidate is proceeding in a manner that could cause physical harm to themselves or those around them.

Critical fail list for the NCEMS physical assessment is as follows:

- The candidate fails to navigate the physical assessment stations in a safe manner.
- The candidate is unable to physically complete any of the outlined stations.
- The candidate drops a kit while navigating to and from a station.
- The candidate grabs/holds the rail of the stair stepper apparatus more than 2 times during the stair stepper assessment.
- The candidate is unable to complete 2 cycles of continuous of CPR at a rate of 100 compressions per minute (2 minutes per cycle).
- The candidate handles the gurney during the test in a manner that would be deemed unsafe if a live patient were on it.
- The candidate is unable to move the 200 LB dummy in the ambulance, or handles the dummy in a manner that would be deemed unsafe if it were a live patient.

NCEMS Physical ability test outline

- 1) The candidate starts the test by exiting the front seat of the ambulance.
- 2) The candidate immediately picks up the airway bag and med kit and carries them to the weight room in the A/T building entering via the south door.
- 3) The candidate is directed to the CPR mannequin where he/she performs 2 minutes of CPR at a rate of 100 compressions per minute.
- 4) The candidate dons a 40LB weight vest and mounts the stair climber apparatus. The proctor then ensures the candidate is ready, and the stair stepper apparatus is turned on to a rate of 58 steps a minute for 20 seconds, then increased to a speed of 68 steps/minute for an additional 3 minutes.
- 5) The candidate will dismount the stair stepper apparatus and doff the 40LB weight vest.
- 6) The candidate will move directly to the CPR mannequin and perform 2 minutes of CPR at a rate of 100 compressions per minute.
- 7) The candidate will pick up the airway bag and med kit and will move back to the ambulance bay. Once in the ambulance bay the candidate will place the kits back in their starting position.
- 8) The candidate will move to the 200 LB dummy waiting next to the gurney. The candidate will assume the position of lifting from the head of the soft stretcher. The candidate and his/her partner will place the 200 LB dummy on the gurney, and the candidate will load the gurney into the ambulance. The candidate, with the assistance of his/her partner, will move the 200 LB dummy from the gurney to the bench seat in the ambulance.

Once step 8 is completed the physical assessment portion of the test is concluded.

