

PHYSICAL ABILITY TEST (PAT)

CANDIDATE HANDOUT

Thank you for your interest in a career serving others as an ambulance service provider. Congratulations on also having reached the point in the application process where you are ready to take the Physical Ability Test (PAT).

The purpose of this handout is to help prepare you for the PAT. In this handout, we briefly cover:

- Purpose
- Preparing for the Test
- Day of the Test
- Brief Description of Each Station
- Passing the Test

You can find a great deal more information online, including a video describing the test and workout programs, at:
www.pat.avestacorp.com/candidate

Purpose of the PAT

The PAT has two main purposes:

1. To ensure job applicants can perform the essential functions of the job, and
2. To reduce health and injury risks for both employees and patients.

This PAT is used as a standardized screening tool. It assesses various physical abilities required to perform the paramedic and emergency medical technician (EMT) job duties. The weights and equipment used in the test are designed to simulate the physical abilities needed to lift and transport patients and equipment in the field. This test was developed using experts in the field and has been validated for use in selecting new employees.

This test may be just one component in the employment process. There may be other tests or interviews, depending upon the organization. While this test is not the sole basis for hiring, the applicant must pass the test in order to be hired.

Preparing for the PAT

We recommend that applicants prepare for the PAT by engaging in strength training and stretching exercises that reflect the physical requirements of the test. A sample workout program has been created for you and can be found online at the PAT website.

In addition to starting a workout routine, before the test you should have:

1. Received a letter notifying you that you needed to schedule an examination
2. Scheduled a specific test time
3. Received a scheduling confirmation letter
4. Received information concerning the availability of a website and training video

Day of the Test

Test Times: Be sure to pay close attention to your testing time so that you have enough time to complete all forms, warm up, complete the test, and be dismissed. The testing session should take approximately one hour from initial sign in until dismissal.

What to Bring: Candidates need to bring a valid photo ID on testing day and proper testing attire.

When You First Arrive: Prior to beginning the actual test, you will watch a demonstration video on the PAT and will sign a waiver.

Warm-Up: Before you begin the PAT you will have the option to perform a warm-up routine of your choice. A warm-up exercise is not a part of the test, but it's highly recommended. Applicants should complete a warm-up routine that works best for them. A good warm-up can include a brisk five to ten minute walk, followed by stretches.

Walk Through: The PAT administrator will then walk you through the test stations to familiarize you with the equipment. Candidates will not be allowed to lift anything at this point, but will have an opportunity to ask questions about the test before it begins.

Brief Description of Each Station

The PAT consists of 12 stations. You will have 13 minutes, 30 seconds (13:30) to complete the 12 stations. Test administrators will give applicants verbal instructions prior to beginning the PAT and additional instructions at specific stations during the PAT.

1. **Truck Exit:** Exit the truck carrying two pieces of equipment.
2. **Stair Climb:** Climb up and down stairs carrying equipment and complete lunges in between ascents.
3. **Manikin Roll:** Kneel onto a transfer sheet and roll a 150-pound manikin onto its back in the center of the sheet.
4. **Manikin Drag:** Using the transfer sheet, drag the manikin 25 feet.
5. **CPR:** Administer CPR at adequate depth for 3 minutes on a CPR manikin.
6. **Simulated Log Roll to Spine Board:** Roll a manikin onto a spine board, hold the manikin on its side for five seconds, then roll it back onto its back.
7. **Step Test:** Step up and down on a step for two minutes, one minute of each leg leading.
8. **Simulated Stair Chair Carry:** Lift a 75lb curl bar, carry it backwards up and down stairs, and replace it on the floor.
9. **Spine Board Lift:** Lift a board with 120lbs of weight from the floor, hold for 5 seconds, and return to floor.
10. **Stretcher Lift into Ambulance:** Lift a stretcher with 150lbs of weight into an ambulance, with assistance.
11. **Bag Valve Mask:** Assemble a BVM and provide five breaths to a manikin in an ambulance.
12. **Remove the Stretcher:** Remove stretcher from ambulance, with assistance.

Passing the Test

In order to pass the test, you must pass each station and complete all 12 stations within 13 minutes, 30 seconds. In addition, you will be evaluated based on your posture and appropriate lifting technique. The test may be terminated if any of the following apply:

1. Professional judgment of the test administrator that having the candidate start or continue with the test would result in injury or health risk.
2. Not dressed appropriately.
3. Intoxicated or under influence of drugs.
4. Cannot understand instructions.
5. Cannot follow instructions.
6. Does not comply or will not comply with instructions.
7. Engages in inappropriate language or behavior.
8. In pain or injured.
9. Is performing in an unsafe manner and will not change approach.
10. There is an equipment failure or other problem with the test.

