

Kent County Paramedics

Name _____

Essential Functions

Date _____

Resting HR _____ BP _____

| Essential Function | Yes | No | Comments Pulse |
|--|------------|-----------|---------------------------|
| 6 minute walk test equals 1340 feet | | | |
| Sit and reach testing able to touch toes, low back flexibility | | | |
| 46 pounds lift from waist to crown, lifting the paramedic bag. | | | |
| 100 pounds lift from floor to waist, repeated 5 reps | | | |
| 50 pounds push performed with sled | | | |
| 50 pounds pull performed with sled | | | |
| 45 pounds right hand carrying the paramedic bag. | | | |
| 45 pounds left hand carrying the paramedics bag. | | | |
| 90 pound carry using both upper extremities walking 60 feet | | | |
| 90 pounds carry using both upper extremities up and down 20 steps | | | |
| Harvard Step test graded in the average range. This test is requires stepping up a 14 inch step for 5 minutes. | | | |
| 20 squats with single hand support, touching the floor. | | | |
| Crawling 30 feet on the floor. | | | |
| Peg board testing using the arms and scoring in the average range. | | | |
| Balance board less than 4 errors | | | |
| Ability to perform the required tasks of a paramedic? | | | |