

# Physical Requirements

## Emergency Medical Services Program



*Life. Changing.*

All EMT students must be physically and emotionally able to complete all course requirements including hospital clinical and ambulance field time to successfully complete the EMT courses. Students should also be aware that some employers will require a pre-employment physical and/or physical agility test. Listed below is a summary of the physical demands and requirements for an EMT. Students should become familiar with these requirements and determine if they will be physically able to meet all requirements. Students unable to meet these requirements may request reasonable accommodation to perform the physical duties. Clinical sites may determine the extent the student will be involved with physical duties.

| Physical Demands   |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>1. Strength</b> |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| a. Standing        | 47% | 1a. Walking and standing are major components of this job. Sitting is necessary for transportation to and from scene of emergency.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Walking            | 50% |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Sitting            | 3%  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| b. Lifting         | F   | 1b. The Paramedic is required to assist in lifting and carrying injured or sick persons to ambulance and from ambulance into hospital. May be required to engage in pushing and/or pulling to assist other EMS providers to extricate patient from scenes to include but not limited to closed upright vehicles, patient in closed overturned vehicle, patient pinned beneath vehicle, pinned inside vehicle, in vehicles with electrical hazards.                                                                                                                                                                                                                                                                                                                                                        |
| Carrying           | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Pushing            | O   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Pulling            | O   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>2. Climbing</b> | F   | 2. Climbing and balancing may be required to gain access to site of emergency, i.e., stairs, hillsides, ladders, and in safely assisting in transporting patient.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Balancing</b>   | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>3. Stooping</b> | F   | 3. Patients are often found injured or sick in locations where assessment of patient is possible only through the Paramedic's stooping, kneeling, crouching, or crawling.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Kneeling</b>    | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Crouching</b>   | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Crawling</b>    | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>4. Reaching</b> | F   | 4. Required for assessing pulse, assessing breathing, blocking nose and checking ventilation, lifting chin, head, or jaw for opening airway, following angle of ribs to determine correct position for hands after each ventilation, compressing sternum, and assisting in lifting of patient, administering medications through intravenous therapy or other means, and handling of advanced life support equipment, such as mirror airway devices. Extension of arms to use hands and fingers to assess vital signs, feeling and touching of patient's skin to assess body warmth, handling limited equipment, and transporting of patient are important aspects of this position. Finger dexterity needed to insert needle, and prepare fluids/medication for administration and to operate equipment. |
| <b>Handling</b>    | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Fingering</b>   | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Feeling</b>     | F   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| <b>5. Talking</b>     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Ordinary              | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Other                 | O |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| <b>Hearing</b>        |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Ordinary Conversation | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Other                 | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
|                       |   | 5. Responding to patients, physicians, and co-workers through hearing is necessary in transmitting patient information and following directions. May be required to shout for help and additional assistance.                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|                       |   | 5. Verbally responding to dispatcher's message on phone or radio is necessary for quick, efficient service that can be vital to life in emergency situations. Communication on scene is critical for interviewing patient and in some instances, significant others, and in relaying this information in most expedient manner. Sounds of vehicles may alert Paramedic that additional help is on the way. Other sounds can alert the Paramedic that other persons may be hurt or injured, i.e., someone thrown behind a bush in a vehicle accident who cannot be seen and whose voice may be barely audible. |  |
| <b>6. Seeing</b>      |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Acuity, Near          | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Acuity, Far           | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Depth Perception      | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Accommodation         | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Color Vision          | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| Field of Vision       | F |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
|                       |   | 6. Sight is used to drive ambulance to scene of injury or illness, to visually inspect patient and area, to read map, to read small print on medication/prescription containers, to read drug reference manuals, and to administer treatment.                                                                                                                                                                                                                                                                                                                                                                 |  |