

AMBULANCE TECHNICIAN - OCCUPATIONAL FITNESS TEST

As part of the selection process for position of Ambulance Technician we conduct an occupational fitness test. The purpose of this is to determine your ability to carry out both the physical and cognitive element of the role and are designed to ensure that if successful you will be able to carry out the role safely, both for yourself and for the safety of our patients.

The test doesn't test your general fitness level, it is an "occupational test" which means it is specifically designed to look at your ability to carry out the physical requirements of a set of typical accident and emergency ambulance duties.

We structure the test around a series of elements designed to simulate an emergency call and you must pass each element.

The Occupational Fitness Test

Stage	Exercise	Rationale
1	Warm up period of up to 10 minutes stepping exercise using a 30-cm step.	This is to ensure that you are appropriately warmed up for the test
2	1-minute cognitive exercise involving listening and repeating (must achieve pass mark of 50% before progressing)	This is to test your ability to recall information when your body is resting. This represents what you will do when you are tasked with an emergency call
3	2-minute stepping exercise carrying 10 kg using a 30 cm step	This represents your ability to reach a patient on the second floor whilst carrying a response bag
4	Perform chest compressions on a mannequin for 2 minutes.	This represents your physical ability to deliver CPR for a typical length of time.
5	1-minute manual dexterity test	This assesses your ability to deal with complex medical equipment whilst your heart rate is elevated
6	3 and a half minute stepping exercise up on to a 15-cm step and carrying a total of 30 kg weights.	This represents your ability to bring a patient back downstairs (with the support of a colleague)
7	1-minute cognitive exercise involving listening and repeating (must achieve overall pass mark of 70%)	Represents your ability to convey information to hand over to another clinician, e.g. hospital, when your heart rate is elevated

Test Safety

Your safety during the test is very important and we recognise that many people may not have undertaken these types of exercise before.

Therefore, a qualified Paramedic will talk you through each stage and will be on hand to ensure your safety. Your heart rate will be monitored throughout the test and if at any time the assessor has any concerns over your well-being, they will suspend or stop the test immediately. They will then talk through their concerns with you.

Participants are also advised that should they experience discomfort, breathlessness, dizziness or pain etc., they must stop immediately and notify the assessor.

If you have any health conditions that you think might prevent you from successfully passing this, you should consult your GP.

