



Paramedic Functional Capacity Evaluation

Name	
Address	
Email	
Phone	
Mobile	
Date of Birth	
Occupation	

OFFICE USE ONLY:

Outcome: Pass / Fail

Report Sent:

Consent

The following assessment is designed to ascertain your physical fitness and capacity to undertake the position as Paramedic with the ACT Ambulance Service.

The assessment will include a range of activities and tasks including your cardiovascular fitness; grip strength; a general musculoskeletal screen and a range of simulated functional tests to assess your capacity to undertake specific tasks required of a paramedic.

The assessment will be conducted by your nominated evaluator, who will explain each test prior to it being performed. The evaluator will assess your capacity to undertake each task safely and may discontinue a task at any time if they determine it is unsafe to proceed.

As this is a test of your functional capacity, there is a small risk of injury. You may choose not to proceed with, or to stop, any task at any time (withdrawal of consent). If a task is not completed, the reason for this will be documented by the evaluator and included in the report provided to the ACT Ambulance Service.

I _____ have had the assessment process explained to me and I agree to undertake the assessment.

I know of no reason why I should not undertake this assessment today.

Signed:

Date:

Health Screen: Pre-existing conditions / History

Name _____

Date _____

Are you well today? ☐ Yes ☐ No

Do you have, or have you had any of the following medical conditions?

If you have ticked yes, please provide further details at the bottom of the page.

- ☐ Heart problems (eg Angina, MI, Vascular disorders, Pacemaker, Arrhythmia)
- ☐ High / Low blood pressure
- ☐ Fits, Faints, Dizziness, Turns, Epilepsy
- ☐ Diabetes
- ☐ Hernia
- ☐ Asthma, COPD, Wheeze, Shortness of Breath
- ☐ Other respiratory illness
- ☐ Musculoskeletal Injury
- ☐ Neurological Condition
- ☐ Regular medication (excluding OCP)
- ☐ Pregnancy
- ☐ Any other medical conditions that may impact on your ability to complete the following physical / functional screen (type):

I have disclosed any medical information that may impact on my ability to perform the functional screen.

Signature:

Date:

To Be Completed by Assessor

Blood Pressure: /

Resting Heart Rate: (bpm)

General Musculo-skeletal screen

Joint	Normal / Restricted (please circle)	Comments
Cervical Spine	NORMAL / RESTRICTED	
Lumbar Spine	NORMAL / RESTRICTED	
Hip	NORMAL / RESTRICTED	
Knee	NORMAL / RESTRICTED	
Ankle	NORMAL / RESTRICTED	
Shoulder	NORMAL / RESTRICTED	
Elbow	NORMAL / RESTRICTED	
Wrist	NORMAL / RESTRICTED	

Grip Test

Grip test Dynamometer						Hand		Right	Left
Strength in kgs	Neutral					Dominance			
	Right			Average	Left				Average
Result									

Average Performance of subjects on group strength in Kgs

Male (Age)	Hand	Mean Value in kg	Female (Age)	Hand	Mean Value in kg
20-24	R	55.0	20-24	R	32.0
	L	47.5		L	27.7
25-29	R	50.2	25-29	R	33.8
	L	50.2		L	28.9
30-34	R	55.3	30-34	R	35.8
	L	50.2		L	30.9
35-39	R	54.4	35-39	R	33.7
	L	51.3		L	30.1
40-44	R	53.0	40-44	R	32.0
	L	51.2		L	28.3
45-49	R	49.9	45-49	R	28.3
	L	45.8		L	25.5
50-54	R	51.6	50-54	R	29.9
	L	46.3		L	26.0
55-59	R	45.9	55-59	R	26.0
	L	37.8		L	21.5
60-64	R	40.7	60-64	R	25.0
	L	34.9		L	20.1
65-69	R	41.4	65-69	R	22.5
	L	34.9		L	18.6

Cardiovascular Fitness

(Negotiating a 30cm step for 3 mins, 24 times/min) Heart rate
measured 1 minute after ceasing activity

Baseline HR = bpm						
Max HR = bpm						
85% Max HR = bpm						
Heart Rate	0:30 min	1:00 min	1:30 min	2:00 min	2:30 min	3:00 min
1min recovery heart rate		Result (Fitness Classification.) See table below				

Men

Age	18-25	26-35	36-45	46-55	56-65	65+	Result
Excellent	<79	<81	<83	<87	<86	<88	PASS
Good	79-89	81-89	83-96	87-97	86-97	88-96	PASS
Above Average	90-99	90-99	97-103	98-105	98-103	97-103	PASS
Average	100-105	100-107	104-112	106-116	104-112	104-113	FAIL
Below Average	106-116	108-117	113-119	117-122	113-120	114-120	FAIL
Poor	117-128	118-128	120-130	123-132	121-129	121-130	FAIL
Very Poor	>128	>128	>130	>132	>129	>130	FAIL

Woman

Age	18-25	26-35	36-45	46-55	56-65	65+	Result
Excellent	<85	<88	<90	<94	<95	<90	PASS
Good	85-98	88-99	90-102	94-104	95-104	90-102	PASS
Above Average	99-108	100-111	103-110	105-115	105-112	103-115	PASS
Average	109-117	112-119	111-118	116-120	113-118	116-122	FAIL
Below Average	118-126	120-126	119-128	121-129	119-128	123-128	FAIL
Poor	127-140	127-138	129-140	130-135	129-139	129-134	FAIL
Very Poor	>128	>138	>140	>135	>139	>134	FAIL

Functional Assessment

Test	Weight	Reps	Distance	End HR	Result / Comments
Sustained squat position	B/W	3 min	N/A		
Lift floor to waist	Step load	Repetitions	N/A		
	8 kg	3			
	10.5 kg	3			
	15 kg	3			
	17.5 kg	3			
	20 kg	3			
	25 kg	3			
Comments:					
Unilateral carry - Right - Left					
	15kgs	1	60m		
	15kgs	1	60m		
Comments:					
CPR simulation	N / A	3min	N/A		
Lift waist to overhead	Step load	Repetitions	N/A		
	5 kg	3			
	7 kg	3			
	9 kg	3			
	10.5 kg	3			
	12 kg	3			
Comments:					
Sustained stoop	B/W	3min	N/A		

B/W = Body Weight, P= Pass, F= Fail, N/A = Not Applicable, HR = Heart Rate