



## Work Performance Test Ramsey County Sheriff (adult Detention Center) or Community Corrections (Correctional Facility) Job Position: Correctional Officer 1, 2, and 3

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_ Handedness: R L

Essential Job Task	Description of Test & Comments	Met or Not Met?
<b>Grip strength</b> is required throughout the position (handling/controlling fire arms, restraints, handcuffing, etc.). Repetitive gripping is completed throughout shifts as needed.	Hang with both hands on pull up bar using a pronated or supinated grip (candidate's choice) for as long as tolerated (maximum of 30 seconds). Feet must not touch the floor.  Hang time recorded; not included in met/not met criteria.	Time (seconds):  _____
<b>Finger intensive tasks:</b> Pinch strength required throughout the positions (primarily using keys extensively during shift, etc.). Employees must have normal pinch to tolerate the repetitive nature of this work.	Bilateral pinch strength testing is completed with a pinch gauge with score expectations WNL for age/gender; 3 reps. Key Pinch Norms R: _____, L: _____ <b>Key Pinch:</b> R _____ / _____ / _____ L _____ / _____ / _____  *not included in met/not met criteria.	N/A
<b>Removing person from on top of officer</b> – officer has person on top of them trying to pin them down and they need to push them off.	Perform one chest press at 75 lbs. simulating pushing a person off of oneself.	Met Not Met
<b>Trunk bending</b> – throughout the day for vehicle/bus/train searches, in/out of vehicle, etc.	Search for two hidden items in an area (play hand gun and small bag of white granular substance) assuming all of the awkward & low level working positions.	Met Not Met
<b>Lifting</b> - handle/move property totes between various shelf heights.	Pick up 20 lbs. property tote at ground level and place on shelf heights: 12”, 32”, 55”, and 74”. May use step stool to reach top shelf; 3 reps. each level.	Met Not Met
<b>Lift &amp; Carry</b> – Daily handle duty bag from command station to squads. Moving evidence to SUV and then to evidence room.	Lift 28 lb. bag from 36” shelf, carry 100 ft., and place at 44” height in squad cabinet.	Met Not Met
	Fold and lift 40 lbs. wheelchair into back of SUV at 44” height. Reverse process and transport (roll/carry preference) 50 ft. to evidence room.	Met Not Met
<b>Stair Climbing</b> – occasional to frequent for well-being checks & escorts, monitoring, securing area, etc.	Go up and down 6 flights of stairs. Accomplish within 1.5 minutes.	Met Not Met
<b>Handcuffing and drag/move inmate</b> – Body drag from cell area, emergency response, etc.	Apply handcuffs to simulated wrists for 1 rep.	Met Not Met
	Drag 165 lbs. mannequin <u>holding under the arms</u> for a 40 ft. distance over a concrete floor.	Met Not Met
	Heart rate recovery less than 3 minutes? Y N	Met Not Met
<b>Low level work.</b> When applying shackles requiring fine motor coordination when transporting inmates.	Complete a fine motor coordination task for 1 min. at ground level while kneeling/crouching/ bending.	Met Not Met



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Essential Job Task	Description of Test & Comments	Met or Not Met?
<b>Walking</b> – frequent to constantly for monitoring and escorting inmates throughout facility.	Walk continuously at speed of 3.0 mph on level treadmill for 7 minutes. ( <i>Combine with run test below</i> )	Met    Not Met
<b>Run</b> (fast jog) to site of incident with inmates within building or outside on grounds & ...  Communicate clearly to staff about situation status after run, calling for help, etc.	Run (fast jog) on treadmill at speed of 5.0 mph (get to this speed within 30 seconds) & maintain for 2 minutes.  Communicate sentence of choice (i.e. current address) to evaluator after run.	Met    Not Met  Met    Not Met
<b>Push/pull</b> for restraint of individuals/inmates/criminals or suspects during arrest or restraint in various positions.	Alternating positions: Push chest press and maintain a constant hold at 40 lbs. for 30 seconds. 3 reps.	Met    Not Met
	Push straight bar down towards the floor and maintain a constant hold at 80 lbs. for 30 seconds. 3 reps.	Met    Not Met
<b>Emergency Response CPR</b> – Perform until help arrives.	Compress chest of CPR Training Manikin for 3 minutes. Criteria: 100 bpm to correct depth – 2” without stopping compressions. Timed by metronome.  Chest compression deep enough      Y    N 100 bpm    Y    N	Met    Not Met
<b>Check</b>	<b>Employment Test Result</b>	
	Physical abilities <b>Do / Do Not</b> match the functional requirements of the job description.	
	Modifications of the job or changes in the applicant’s physical abilities <b>Would / Would Not</b> be necessary in order to perform these tasks.	
	If job modifications or changes in applicant’s physical abilities are needed a MOH physician or PA should review these test results  Reviewed by MOH Physician or Physician Assistant: <b>YES</b> <b>NO</b>  Name of PHYSICIAN: _____                      Date: _____	

Comments: \_\_\_\_\_  
 \_\_\_\_\_

Name of Evaluator: \_\_\_\_\_ Date: \_\_\_\_\_

**Ramsey County Sheriff Department will make the final determination of hiring based on if they are able to provide reasonable accommodations.**  
***Send these 2 sheets to employer***



# Work Performance Test Ramsey

## County Sheriff (adult Detention Center) or Community Corrections (Correctional Facility)

### Job Position: Correctional Officer 1, 2, and 3

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

#### Flexibility

Normal                      Tight                      Very Tight  
1                      2                      3                      4                      5

#### NECK

#### RIGHT

#### LEFT

Rotation \_\_\_\_\_  
Side Bend \_\_\_\_\_  
Flexion \_\_\_\_\_  
Extension \_\_\_\_\_

#### Strength

Normal                      Good                      Fair                      Poor  
5                      4                      3                      2

#### RIGHT

#### LEFT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### SHOULDER

#### RIGHT

#### LEFT

Abduction \_\_\_\_\_  
Adduction \_\_\_\_\_  
Flexion \_\_\_\_\_  
Extension \_\_\_\_\_  
Int. Rotation \_\_\_\_\_  
Ext. Rotation \_\_\_\_\_  
H-adduction \_\_\_\_\_  
H-abduction \_\_\_\_\_  
Scratch test – IR \_\_\_\_\_  
Scratch test – ER \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### ELBOW

#### RIGHT

#### LEFT

Flexion \_\_\_\_\_  
Extension \_\_\_\_\_  
Pronation \_\_\_\_\_  
Supination \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### WRIST

#### RIGHT

#### LEFT

\_\_\_\_\_

\_\_\_\_\_

Grip strength average  
Low/High range

R= \_\_\_\_\_ L= \_\_\_\_\_

\_\_\_\_\_

#### TRUNK/BACK

#### RIGHT

#### LEFT

Rotation \_\_\_\_\_  
Side Bend \_\_\_\_\_  
Flexion \_\_\_\_\_  
Extension \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### LOWER EXTREMITIES

#### RIGHT

#### LEFT

Quadriceps \_\_\_\_\_  
Hamstrings \_\_\_\_\_  
Hip Flexion \_\_\_\_\_  
Hip Adduction \_\_\_\_\_  
Hip Abduction \_\_\_\_\_  
Dorsiflexion \_\_\_\_\_  
Plantarflexion \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Comments:**