



Work Performance Test

Ramsey County Sheriff

Job Position

Deputy Sheriff

Name: _____ Date: _____

Essential Job Task	Perceived Exertion (1-10)	Description of Test & Comments	Met or Not Met?
Pushing for restraint of individuals, criminals or suspects during arrest or restraint.		Alternating positions: 3 reps of pushes of 40 lbs. or more at chest level using push gauge (30 sec. duration each) 3 reps of pushes of 80 lbs. or more at low level on the ground using push gauge (30 sec. duration each)	Met Not Met
Climbing/large stepping for searches, securing areas, etc..		Climb 2 steps at 23" and 41" from the ground and back down for 2 repetitions. Grasping handles/hand support allowed.	Met Not Met
Must be able to assume a variety of static positions while handling firearms with muzzle control and muscle strength to not use rifle as a crutch.		While handling a 9.5 lbs. rifle, candidate will assume a static standing position for 30 sec., then assume a static kneeling position for 30 sec., then assume a static prone position for 30 sec. Reverse to static kneeling position for 30 sec., then static standing position for 30 sec.. (Rifle muzzle control is necessary, cannot be used as a crutch to standing positions).	Met Not Met
Victim Assistance – drag/move victim, suspect, medical call or coworker. Emergency Response – Officers may assist with medical calls transporting victims on backboard.		Drag 165 lbs. manikin 40 ft. distance over a concrete floor. With assistance, place 165 lbs. mannequin onto backboard, carry 40 ft. to 30" gurney height. Heart rate recovery less than 3 minutes? Y N	Met Not Met Met Not Met Met Not Met
Emergency Response CPR – 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
Repeat to determine endurance of grip strength following test items. Employees must have normal grip (minimum) to tolerate the repetitive nature of this work.		Bilateral grip strength testing is completed with a dynamometer with score expectations WNL for age/gender. Grip Norms R: _____ Grip Norms L: _____ Grip (2nd position): R _____ / _____ / _____ L _____ / _____ / _____	Met Not Met Met Not Met



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Check	Employment Test Result
	Physical abilities Do / Do Not match the functional requirements of the job description.
	Modifications of the job or changes in the applicant's physical abilities Would / Would Not be necessary in order to perform these tasks.
	<p>If job modifications or changes in applicant's physical abilities are needed a MOH physician or PA should review these test results</p> <p>Reviewed by MOH Physician or Physician Assistant: YES NO</p> <p>Name of PHYSICIAN: _____ Date: _____</p>

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 3 sheets to employer



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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

Grip strength average _____ lbs.
 Low/High range _____ lbs.

_____ lbs. _____ lbs.

HAND

TRUNK/BACK

RIGHT

LEFT

Rotation _____
 Side Bend _____
 Flexion _____
 Extension _____

RIGHT

LEFT

LOWER

RIGHT

LEFT

EXTREMITIES

Quadriceps _____
 Hamstrings _____
 Hip Flexion _____
 Hip Adduction _____
 Hip Abduction _____
 Dorsiflexion _____
 Plantarflexion _____

RIGHT

LEFT

Comments: