

MEDIC MILE

CANDIDATE ORIENTATION



Overview and Preparation

Overview

The MEDIC Mile is a physical ability test that is designed to simulate key tasks involved in reaching a patient, providing emergency first aid, and transferring of a patient to the emergency vehicle. This is a strenuous job with a high volume of calls and has a possibility of sustaining a serious injury without adequate physical preparation. This assessment is designed to measure the minimum qualifications necessary to successfully complete the job of Emergency Medical Technician or Paramedic. Tasks you will encounter on the job may well be considerably more difficult.

There are eight events in the test. The events are arranged to simulate the progression of events at an emergency scene. The events vary in intensity, with less-demanding tasks interspersed throughout to allow candidates to recover between the more physically demanding tasks. While this test requires you to move quickly, you are never allowed to run or perform any reckless action while transporting patients or equipment. As you move from event to event, a proctor will give you instructions on how to perform each event. A proctor will also notify you if you perform any actions that constitute a warning or immediate disqualification. A warning will be announced verbally with “WARNING” and the reason for the warning will be given. If a warning is given, you must immediately correct your action before continuing. Too many warnings for certain actions result in disqualification from the test. If this occurs, the proctor will call “TIME,” end the test, and escort you to the rehabilitation area.

Preparation

When you come to test, bring with you a government-issued photo identification. You must also arrive to the test wearing:

- Long or short sleeve shirt
- Long pants
- Close-toed shoes
- No watches or loose jewelry are permitted

If you are not properly attired or do not bring photo ID, you may not take the test.

It is recommended you drink plenty of fluids before arriving at the testing center. Sports drinks or other liquids containing electrolytes such as salt or sugar are recommended. Eating a healthy meal beforehand will also reduce the chance of dizziness or sickness during the test and ensure adequate energy levels. Water will be provided on-site.

How You Will Be Evaluated

Each candidate will be evaluated on a pass/fail basis. There is no overall time limit for the test. Events are individually timed, and you must complete each event within a specified time limit to continue to the next event. To pass, you must successfully complete all 8 events within their respective time limits AND earn a point on at least 7 out of the 8 events.

One point may be earned per event. To earn the point, you must complete the event within the Max Time For 1 Point. If you do not complete the event within that time, you may still continue the test without earning a point as long as you finish within the time range for Passing With 0 Points. However, if you do not finish an event before the Disqualification Time is reached, then you will be disqualified from the entire test. You will also be disqualified if you receive 3 (or fewer, in some cases) technical warnings during an event, even if your time was acceptable.

You are allowed to receive a score of 0 points in only one of the eight events. In other words, you can still pass the test with 7 out of 8 possible points.

Test Events

The following pages of this document contain a description of each of the 8 events included in the MEDIC Mile.

- Event 1: Equipment Transport
- Event 2: Rescue Drag
- Event 3: Gurney Transport
- Event 4: CPR
- Event 5: Patient Transport
- Event 6: Second CPR
- Event 7: Patient Stair Carry
- Event 8: Gurney Raise

Event 1: Equipment Transport



Max Time for 1 point	2 min. 55 sec.
Passing with 0 points	2 min. 56 sec. – 3 min. 10 sec.
Disqualification time (exit test)	3 min. 11 Sec.

Purpose

The purpose of this event is to simulate your ability to transport emergency equipment including a defibrillator, an oxygen bottle, and trauma or medical bag from the vehicle to the patient. This event requires carrying 57 pounds for 250 feet, to and from the patient, and climbing up and down several short flights of stairs. This event will also assess your ability to lift using proper body mechanics.

Description

Step up onto a 20-inch box and step down the other side. Kneel with chin and chest raised to pick up two bags simulating a defibrillator (31 lbs.) and a trauma bag and oxygen bottle (26 lbs.). Lifting with your legs, stand with the equipment in each hand. Walk 250 feet around a defined track, go up and down one flight of stairs (5 steps), then place the equipment on the table and release. Next, immediately pick up equipment from the table and walk around the same course (250 feet). Go up and down the stairs, then kneel and place the equipment back in the starting position, back straight, head upright.

Failures

3 warnings for safety concerns or not following instructions including:

- Lifting improperly
- Not following course
- Skipping stair steps; not putting both feet on the top platform of the stairs; tripping or losing your balance on the stairs
- Running
- Dropping or putting down bags except where designated (2 warnings)

Event 2: Rescue Drag



Max Time for 1 point	35 sec.
Passing with 0 points	36 sec. – 40 sec.
Disqualification time (exit test)	41 sec.

Purpose

The purpose of this event is to simulate the extraction of a patient from a confined space where other emergency personnel are not able to assist. You must drag a 165 lb. patient for 56 feet.

Description

Drag 165 lb. mannequin by a harness for two laps around a circular course. The mannequin must not cross inside the circle.

Failures

3 warnings for safety concerns or not following instructions including:

- Not following course
- Dropping or putting down mannequin except where designated (2 warnings)
- Not grasping both handles of harness while dragging the mannequin (2 warnings)

Event 3: Gurney Transport



Max Time for 1 point	3 min. 10 sec.
Passing with 0 points	3 min. 11 sec. – 3 min. 30 sec.
Disqualification time (exit test)	3 min. 31 sec.

Purpose

The purpose of this event is to assess your ability to control and maneuver an empty gurney for 2 laps around a 250-foot course. A gurney is a wheeled ambulance stretcher that may be raised and lowered for patient transport. There will be turns and obstacles to negotiate.

Description

Push an empty gurney two (2) laps on a marked course. Each lap will have two (2) obstacles over which the gurney must be safely lifted and maneuvered. You can walk on the side of the gurney or push from the rear. You may need to switch to the front or rear to lift the gurney over obstacles. Stand close to the gurney at the end to be raised over the obstacle and lift the gurney with your legs, not your arms or back. The gurney must be kept in the course and not bang into walls or fall off obstacles. Normal walking speed is all that is required. You are not to run.

Failures

3 warnings for safety concerns or not following instructions including:

- Not following course, running into obstacles or cones, mishandling gurney
- Running

Event 4: First CPR



Max Time for 1 point	Paced Event - No Time Parameter
Passing with 0 points	
Disqualification time (exit test)	3 warnings for improper CPR

Purpose

This event is designed to simulate the task of performing initial medical treatment on a victim by administering cardiopulmonary resuscitation (CPR).

Description

The time on this event is controlled; passing is based on correct performance only. There is no possibility to pass with 0 points.

You will kneel down next to a CPR mannequin and perform chest compressions at rate of 100 compressions per minute for 2 minutes. Pacing is achieved by following warnings lights on the mannequin.

Two green LED lights indicate correct pace, one green light indicates you are slightly off pace, a yellow light indicates falling further off pace, and a red light indicates seriously off pace.

	Red light: 1 to 59 compressions per minute
	Yellow light: 60 to fewer than 79 compressions per minute
	One green light: 80 to 99 compressions per minute
	Two green lights: 100 compressions per minute

You are allowed ten (10) seconds at the start of CPR to achieve correct pacing for compressions with two green LED lights showing. Time is started at the beginning of this “trial” period; however, you only need to produce correct compressions after the ten seconds have passed and then maintain correct compressions for two minutes after that.

Failures

3 warnings for failure to keep pace or perform correct compressions

Event 5: Patient Transport



Max Time for 1 point	4 min. 35 sec.
Passing with 0 points	4 min. 36 sec. – 5 min 10 sec.
Disqualification time (exit test)	5 min. 11 sec.

Purpose

The purpose of this event is to evaluate your ability to safely lift and maneuver a patient onto a gurney and transport the patient on a gurney to the ambulance. You must also assist in lifting a patient off the gurney. This event will assess your lifting techniques and ability to control and maneuver a partially loaded gurney.

Description

Grasp two 50lb. torso bags and lift them up onto a 40-inch table one at a time. Lift with your legs, chin and chest raised. Pull the gurney up beside the table and reach over the gurney to transfer each bag from the table to the gurney one at a time. There are marked positions on the gurney for each bag. Push the weighted gurney around 2 laps on a marked 250-foot course. You can push from the side or rear of the gurney. You may need to lift the front of the gurney over obstacles. Stand close to the gurney at the end to be raised over the obstacle and lift the gurney with your legs, not your arms or back. After the course, lift the torso bags off the gurney and transfer back to the table one at a time, leaning over the gurney. Finally, you will lower the bags from the table to the floor one at a time back to the original position, back straight, head upright.

Failures

3 warnings for safety concerns or not following instructions including:

- Lifting improperly
- Not following course, running into obstacles or cones, mishandling gurney
- Running
- Dropping torso bags (2 warnings)

Event 6: Second CPR



Max Time for 1 point	Paced Event - No Time Parameter
Passing with 0 points	
Disqualification time (exit test)	3 warnings for improper CPR

Purpose

This event is designed to simulate the task of performing initial medical treatment on a victim by administering cardiopulmonary resuscitation (CPR).

Description

The time on this event is controlled; passing is based on correct performance only. There is no possibility to pass with 0 points.

You will kneel down next to a CPR mannequin and perform chest compressions at rate of 100 compressions per minute for 2 minutes. Pacing is achieved by following warnings lights on the mannequin.

Two green LED lights indicate correct pace, one green light indicates you are slightly off pace, a yellow light indicates falling further off pace, and a red light indicates seriously off pace.

	Red light: 1 to 59 compressions per minute
	Yellow light: 60 to fewer than 79 compressions per minute
	One green light: 80 to 99 compressions per minute
	Two green lights: 100 compressions per minute

You are allowed five (5) seconds at the start of CPR to achieve correct pacing for compressions with two green LED lights showing. Time is started at the beginning of this “trial” period; however, you only need to produce correct compressions after the five seconds have passed and then maintain correct compressions for two minutes after that.

Failures

3 warnings for failure to keep pace or perform correct compressions

Event 7: Patient Stair Carry



Max Time for 1 point	35 sec.
Passing with 0 points	36 sec. – 40 sec.
Disqualification time (exit test)	41 sec.

Purpose

The purpose of this event is to simulate carrying a patient up or down stairs. Emergency personnel often use a fabric stretcher with grip handles to carry a patient down stairs or other locations where it is not possible or practical to use a gurney. While some patients can be quite heavy, this event will test the ability to carry at least part of the weight (80 lbs.) in a controlled fashion while going up and backing down a short flight of stairs. This event will assess your ability to use proper lifting techniques and maintain control of heavy weight while stepping up or down stairs.

Description

You will pick up two 40 lb. dumbbells and carry them forward up five (5) steps, then descend backward down the stairs. Dumbbells must be carried with elbows bent and hands above hip height. This action is repeated three (3) times. Kneel on one knee with chin and chest raised to pick up and lower the weights. A spotter will follow you up and down the stairs for safety.

Failures

3 warnings for safety concerns or not following instructions including:

- Lifting improperly
- Not carrying dumb bells above hips
- Skipping stair steps; not putting both feet on the floor or on the top of the stairs; tripping or losing your balance on the stairs

Event 8: Gurney Raise



Max Time for 1 point	35 sec.
Passing with 0 points	36 sec. – 45 sec.
Disqualification time (exit test)	46 sec.

Purpose

Gurneys must often be lifted over obstacles or into an ambulance. Some gurneys require lifting the rear end of the gurney such that it can be rolled into the ambulance. This means a lift of about half the combined weight of the patient, the gurney itself, and any medical equipment on the gurney. The purpose of this event is to assess your ability to assist in these lifts by lifting a portion of the required load.

Description

Squat with your feet wide, chest and head up, and perform a lift with a 75 lb. curl bar using an underhand grip. Rise to standing position keeping your back straight with arms hanging straight. Use your arms and shoulder muscles to assist in lifting the curl bar in a continuous motion to above the table height (40 inches). It is easiest to lift from floor to table height in a continuous motion rather than pausing during the lift. Lower the bar back to the floor stands, keeping your back straight. Repeat 5 times. Failure to lift the curl bar to the correct height results in a warning and a repeat of the attempt.

Failures

3 warnings for safety concerns or not following instructions including:

- Lifting improperly
- Failure to lift bar to minimum height



End of Test

Upon completion of Medic Mile, a proctor will escort you to the rehabilitation area where you will be provided with water and have an opportunity for rest and recovery. Your vital signs may be taken if your physical condition suggests reason to do so.

You will have a chance to review the evaluation form. If you quit the test or are disqualified for any reason, you will be asked to sign the evaluation form.