

Functional Requirements – Physical expectations of the EMS Provider

EMS Provider Functional Requirements and Physical Expectations

The EMS position requires significant physical strength, dexterity, and the ability to function in very adverse environments with exposure to numerous safety risks typically found at emergency scenes.

- **STANDING/WALKING/RUNNING:** EMS providers are continuously standing or walking when responding to calls including: going to and from the emergency vehicle, getting patients from their locations, and rendering treatment. EMS providers must be able to run short distances between the emergency vehicle and patients, in case of an emergency where time is of the essence. Standing, walking and running may be on all types of surfaces, including but not limited to: asphalt, cement, concrete, soft/packed dirt, linoleum, wood, hardwood floors, etc. The individual must be able to go up and down stairs, slight inclines and declines that may be found at roadsides, agricultural areas, etc. Standing for a long period of time may be required on location. EMS providers must be able to maintain balance and strength in awkward positions
- **CLIMBING:** EMS providers are required to climb up and down steps with a patient on a cot or other device in addition to climbing steps when entering or exiting the emergency vehicle.
- **LIFTING AND CARRYING:** EMS providers frequently lift and carry lighter weights ranging from a few pounds to ten pounds or more and they are occasionally required to lift and carry weights in excess of 100 pounds or more. With the assistance of one team member, EMS providers will need to lift and carry adult patients from various positions (such as a bed or a chair) onto various patient movement devices, such as an ambulance stretcher, a stair chair, long back boards, etc., and then safely and efficiently move them into an ambulance.
- **BENDING AND STOOPING:** EMS providers throughout a work shift are required to bend in a range of 1 to 90 degrees to lift a patient, lift equipment, treat a patient at ground level, or sit on a bench located in the ambulance. This activity may be prolonged and last up to 30 minutes or more.
- **CROUCHING AND KNEELING:** Crouching and kneeling may need to be performed when on the scene when picking up equipment or assisting patients.
- **PUSHING AND PULLING:** The activities that would require the most force in pushing and pulling is when removing or returning a gurney to the emergency vehicle, with and without a patient on the gurney. The weight required to push/pull will vary, depending on the weight on the gurney. Slight pushing will be required if the incumbent is performing CPR, which can require repetitive pushing
- **HANDLING OR GRASPING:** While working at any given location, continual bilateral gross manipulation is performed by EMS providers in activities such as: opening/closing doors; and using, handling, carrying and operating medical equipment boxes that may weigh approximately fifty pounds or more, stretcher rails, various handles attached to equipment, and tools. The arm and hand must be able to perform in all types of positions, including supination and pronation. Hyperextension, extension and flexion of the fingers will be involved, ulnar and radial deviation, abduction and adduction of the hand and wrist will be required. A wide variety of grasping will

be required, such as cylindrical grasping, palmer grasping, hook grasping, tip grasping, lateral grasping and spherical grasping.

- **REACHING:** EMS providers frequently and continuously throughout the work shift must be able to reach to review monitoring equipment, operate communication equipment, administer oxygen, and operate equipment. Reaching will involve partial to full extension of the arms.
- **SPEAKING:** EMS providers must be able to speak clearly under stressful circumstances and communicate with patients, team members, and other emergency responders.
- **EXPOSURE TO HAZARDS:** EMS providers, when responding to emergency situations, may be exposed to dust, fumes, gases, fire, smoke, adverse weather conditions, and chemicals. There is also exposure to body substances that may contain infectious materials that could cause illness or death. There is potential for bodily harm or death from violent patients, bystanders, or other dangers. At all times the incumbent is expected to adhere to all applicable Policies and Procedures concerning safety and the prevention of contamination and infection due to bloodborne pathogens.