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 while also allowing for recovery time 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, or if you perform a single action that immediately constitutes disqualification, the proctor will call “TIME,” end the test, and escort you to the rehabilitation area.

Preparation
You must arrive to the test wearing:

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

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

This test is 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 obtain at least 7 out of 8 possible points.

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 be given 0 points but allowed to continue if you receive 3 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.
Description of Test Events

Event 1: Equipment Transport

<table>
<thead>
<tr>
<th>Max Time for 1 point</th>
<th>2 min. 55 sec.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passing with 0 points</td>
<td>2 min. 56 sec. – 3 min. 10 sec.</td>
</tr>
<tr>
<td>Disqualification time (exit test)</td>
<td>3 min. 11 Sec.</td>
</tr>
</tbody>
</table>

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 patient. This event requires carrying 45 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 on 20” box and step down other side. Then kneel on one knee between equipment simulating a defibrillator (approximately 25 lbs) and a trauma bag (10 lbs) + oxygen bottle (10 lbs). Stand with the equipment in each hand. Walk 250 feet around defined track, go up and down one flight of stairs (6 steps), then place the equipment on the table and release. Next, immediately unload equipment from the table and walk around the same course (250 feet). Go up and down the stairs, then kneel and place the equipment in the starting position.

Failures
Disqualification from test
- Inability to complete course by disqualification time

Technical Failure for 0 points
- 3 warnings for safety concerns or not following instructions including:
Medic Mile Candidate Orientation

- Dropping or putting down equipment except where designated
- Not following course
- Running
- Not stepping on stairs as directed
Event 2: Rescue Drag

<table>
<thead>
<tr>
<th>Max Time for 1 point</th>
<th>35 sec.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passing with 0 points</td>
<td>36 sec. – 40 sec.</td>
</tr>
<tr>
<td>Disqualification time (exit test)</td>
<td>41 sec.</td>
</tr>
</tbody>
</table>

**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 a distance of 25 feet.

**Description**
Drag 165 lb. dummy using harness for 25 feet around circular course.

**Failures**

Disqualification from test
- Inability to complete course by disqualification time

Technical Failure for 0 points
- 3 warnings for safety concerns or not following instructions including:
  - Dropping or putting down rescue dummy except where designated
  - Not following course
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 2 laps on a marked course. The course will have 2 or 3 obstacles over which the gurney must be safely lifted and maneuvered. You can walk on the side or push from the rear. You may need to switch to the front or rear to lift the gurney over obstacles. 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**
- **Disqualification from test**
  - Inability to complete course by disqualification time

- **Technical Failure for 0 points**
  - 3 warnings for safety concerns or not following instructions including:
    - Running into obstacles or cones, mishandling gurney
    - Not following course
Event 4: CPR

Max Time for 1 point | Paced Event - No Time Parameter
--- | ---
Passing with 0 points | 3 warnings for improper CPR
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.

You are allowed 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 10 seconds have passed and then maintain correct compressions for two minutes after that.

**Failures**
- 3 warnings for failure to keep pace or correct compressions
Event 5: Patient Transfer

<table>
<thead>
<tr>
<th>Max Time for 1 point</th>
<th>4 min. 35 sec.</th>
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<tbody>
<tr>
<td>Passing with 0 points</td>
<td>4 min. 36 sec. – 5 min 10 sec.</td>
</tr>
<tr>
<td>Disqualification time (exit test)</td>
<td>5 min. 11 sec.</td>
</tr>
</tbody>
</table>

**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 ability to maintain proper lifting techniques and to control and maneuver a partially loaded gurney.

**Description**

Using two 50 lb. dummy or torso bags, grasp each bag in an appropriate fashion from the floor and lift the bags to a 40” table. Pull the gurney up beside the table and reach over the gurney to transfer each bag from the table to the gurney. There are marked positions on the gurney for bags. Push the weighted gurney (carrying two 50 lb. torso bags) 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. The course will have several obstacles. The torso bags will be lifted off the gurney and back to the table by leaning over the gurney. Finally, you will transfer the bags from the table to the floor in the original position.

**Failures**

**Disqualification from test**
- Inability to complete course by disqualification time

**Technical Failure for 0 points**
- 3 warnings for safety concerns or not following instructions including:
  - Dropping torso bags or lifting improperly
  - Not following course, or mishandling gurney
**Event 6: Second CPR**

<table>
<thead>
<tr>
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<th>Paced Event - No Time Parameter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passing with 0 points</td>
<td></td>
</tr>
<tr>
<td>Disqualification time (exit test)</td>
<td>3 warnings for improper CPR</td>
</tr>
</tbody>
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**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.

You are allowed 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 10 seconds have passed and then maintain correct compressions for two minutes after that.

**Failures**

- 3 warnings for failure to keep pace or correct compressions
Event 7: Patient Stair Carry

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**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 patients can be quite heavy, of course, 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 6 stairs, then descend backward down the stairs. Dumbbells must be carried with elbows bent and hands above waist height. This action is repeated 3 times. You will be instructed to squat with feet shoulder width apart, with chin and chest raised to pick up the weights. A spotter will follow you up and down the stairs for safety.

**Failures**

- Inability to complete course by disqualification time

**Technical Failure for 0 points**

- 3 warnings for safety concerns or not following instructions including:
  - Lifting improperly
  - Not maintaining balance on stairs
  - Not carrying dumb bells above waist
Event 8: Gurney Raise

**Purpose**
Gurneys must often be lifted over obstacles and 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). In other words, it is easiest to lift from floor to table height in continuous motion rather than pausing during the lift. Lower the bar back to the floor, 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**

*Disqualification from test*
- Inability to complete course by disqualification time

*Technical Failure for 0 points*
- 3 warnings for safety concerns or not following instructions including:
  - Lifting improperly
  - Failure to lift bar to minimum height

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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.

Regardless of whether you passed or were disqualified, you will review and sign the evaluation form.