

## PHYSICAL TASKS

The essential physical job tasks were identified through the most recent Job Task analysis and approved as a requirement for certification, by PSAC in 2014. If a student is unable to complete the essential physical tasks, they will not receive basic law enforcement certification. The following is the list of required physical tasks:

- Grip & Hold resisting persons to maintain physical control (200 lbs 5 minutes)
- Bend over to help person (200 lbs) to standing
- Hold/restrain struggling person (200 lbs 4 minutes)
- Physically defend against and control an attacking person
- Take down and subdue a resisting person
- Use repetitive hand movements
- Kneel &/or bend for sustained period
- Run 300' on flat surface
- Run 200' on varying terrain
- Walk up and down 4 flights of stairs
- Run Up/down 3 flights of stairs
- Climb or pull oneself over 6' tall obstacle (fence)
- Lift objects (68 lbs) off ground (38" high) w/o assistance
- Lift objects (180 lbs) off ground (40" high) w/assistance
- Push (38') vehicle (2 ton) out of traffic by oneself
- Lift objects (50 lbs) down from elevated surface place on ground
- Climb/Pull oneself onto a large piece of equipment or object ( platform 5'high)
- Jump down from elevated surface
- Jump/vault over ditch, hole or other hazard (36" wide)
- Kneel, squat and recover to feet
- Hold a person (150 lbs) suspended in air (stop suicide or rescue a person)
- Perform strenuous physical activities in a series (sprint, run upstairs, wrestle, pull, carry, etc)
- Perform duties wearing full duty gear
- Push door with shoulder
- Kick door with foot
- Bend over and push object
- Carry, by self, an immobile child
- Carry with someone else an immobile child on a stretcher
- Drag by yourself an immobile child
- Drag by yourself an immobile adult
- Crawl under an obstruction
- Climb over fence
- Jump /vault over fence or other barrier
- Climb through window or other such opening
- Sprint at full speed (less than 300 yds)
- Quickly exit or enter car