

## **Common Functional Abilities Standard to EMT, AEMT and Paramedic**

As students in the Emergency Medical Services Program at PCC, it is essential that you have the following minimum skills and abilities for successful participation and progression in this program and to gain employment.

All students, with or without accommodations, must be able to demonstrate the Physical Performance Standards (functional abilities) that are listed below.

### **Functional Ability I: Physical**

1. **Visual**
  - a. See objects up to 20 inches away (computer text, syringe calibrations)
  - b. See objects up to 20 feet away (presence of individuals close by)
  - c. See objects greater than 20 feet away (road signs, house numbers)
  - d. Distinguish color (color-coded supplies) and shading (skin signs)
2. **Auditory**
  - a. Hear and distinguish noises ranging in intensity from faint to loud.
3. **Tactile**
  - a. Perceive vibration, faint (pulses, presence of veins) and strong
  - b. Perceive temperature (skin signs, environment)
  - c. Perceive differences in surface characteristics (palpate anatomic landmarks)
4. **Olfactory**
  - a. Perceive odors from faint to noxious (smoke, gas, alcohol)
    - i. Capability
5. **Strength**
  - a. Lift or support 125 pounds
  - b. Push or pull 25 pounds
  - c. Move and/or carry objects weighing up to 50 pounds
6. **Endurance**
  - a. Perform repetitive movements (CPR)
  - b. Stand/walk/sit for long periods
  - c. Maintain physical tolerance (work entire 8-48 hour shift)
  - d. Work in environments with extremes of temperature and moisture
  - e. Ride in all positions in ambulance or response unit without motion sickness
7. **Agility**
  - a. Twist
  - b. Bend
  - c. Climb (nontechnical)
  - d. Squat
  - e. Move with sufficient speed to respond to an emergency
  - f. Move over uneven, wet, or slippery terrain
8. **Gross Motor**
  - a. Maintain balance, sitting and standing, in motion and still
  - b. Reach above shoulders and below waist
  - c. Move within confined spaces
  - d. Use upper body to perform CPR
  - e. Perform safe restraint of patient

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- f. Preserve own safety and assist others in preserving safety
- 9. **Fine Motor**
  - a. Manual dexterity sufficient to grasp and manipulate objects
  - b. Pinch or squeeze with hands and/or fingers
  - c. Use pen/pencil/stylus to write legibly
  - d. Press keys or buttons to enable machine functions
  - e. Twist with hands (turn knobs, tighten fittings)

### **Functional Ability II: Cognitive – General**

- a. **General Skills**
  - a. Apply knowledge across different situations
  - b. Recall information by accessing both short and long term memory
  - c. Tell time accurately
  - d. Synthesize knowledge and skills
  - e. Read and interpret digital readouts or other displays on equipment
  - f. Calibrate equipment
  - g. Comprehend spatial relationships sufficiently to perform psychomotor skills
  - h. Read and comprehend maps and use navigational aids

### **Functional Ability III: Cognitive – Specific**

- a. **Mathematics**
  - a. Perform accurate measurements (weight, temperature, volume, or time)
  - b. Count events or instances (pulse rate, drip rate)
  - c. Perform arithmetic (add, subtract, multiply, and divide, including fractions)
  - d. Convert numbers to or from the metric system
  - e. Comprehend graphs and charts
- 2. **Reading**
  - a. Read and comprehend English, including medical terminology
- 3. **Writing**
  - a. Convey information accurately through written English
- 4. **Speech**
  - a. Convey information accurately through spoken English to a variety of audiences
  - b. Convey information accurately in English using telecommunication devices
  - c. Comprehend information delivered in spoken English
- 5. **Critical Thinking**
  - a. Prioritize and plan information and tasks, including delegation of tasks
  - b. Consider deadlines and timing and include in decision making
  - c. Process and sequence information
  - d. Evaluate and sequence possible outcomes
  - e. Identify cause and effect
  - f. Solve problems

### **Functional Ability IV: Behavioral (Affective)**

- 1. Maintain concentration on situation and tasks as long as necessary
- 2. Maintain professional demeanor in all interactions and at all times
- 3. Maintain professional therapeutic boundaries
- 4. Adapt to sudden, expected, or unexpected change

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5. Respond appropriately to stress and other strong emotions, both own and others'
6. Negotiate interpersonal conflicts to successful resolution
7. Demonstrate respect, patience, and compassion
8. Establish rapport with patients, bystanders, and coworkers as appropriate
9. Appreciate and value diversity (social, cultural, spiritual, racial, or other)
10. Recognize emotions, both own and others'
11. Provide emotional support to patient and others as appropriate
12. Value and demonstrate honesty, integrity, and justice
13. Demonstrate professional ethics and adhere to ethical standards in all situations

I have reviewed the Physical Performance Standards (functional abilities) specific to the occupation of Emergency Medical Services.

I have the ability to meet the Physical Performance Standards as specified.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

The Americans with Disabilities Act bans discrimination of persons with disabilities and in keeping with this law, PCC makes every effort to insure quality education for all students. It is our obligation to inform the students of the essential functions demanded by this program and occupation. Students requiring accommodations or special services to meet physical performance standards of the EMS program should contact the Disabilities Resource office. Any student who wishes to request accommodations may do so by contacting the PCC Disability Resources Center in the Davis Academic Building in room 120 or call 719-549-3446.