

Pre-Employment: _____

Biannual: _____

Pilot: _____

Date: _____

Age: _____ Sex: M F Resting HR: _____ Resting BP: _____

Relevant medical history:

Pilot meets pre-test criteria: Yes No

Comments:

<u>Activity</u>	<u>Completed</u>	
Treadmill warm-up 7 minutes at 2.5 mph to 3.5 mph	Yes	No
Don a survival suit (1:30 or less) Time: _____	Yes	No
Floor-to-waist lift (using suitcase/backpack)		
20#	Yes	No
40#	Yes	No
50#	Yes	No
Floor-to-shoulder lift 25# (with suitcase/backpack)	Yes	No
Balance on a tilt board		
weight shift left (5 repetitions)	Yes	No
weight shift right (5 repetitions)		
Walk Length of 2 tilt boards		
Turn around on "BAPS" board (2 times)	Yes	No
Functional circuit:		
Step from 2"x4" to foot stool (placed 24" from ladder)	Yes	No
Climb up/down 12 rungs of a vertical ladder	Yes	No
Step back onto foot stool, to 2"x4"	Yes	No
Open and close a watertight door	Yes	No
Step over a 24-inch step	Yes	No
Climb up/down a pilot ladder (18 rungs)	Yes	No
Stair climb (3 repetitions, 18-20 steps per repetition)	Yes	No
Recite Message to Captain	Yes	No

Results:

_____ Pilot meets body mechanics and activity criteria _____

_____ Pilot does not meet criteria due to: _____

Evaluator Signature