



Santa Rosa Police Department Physical Function Testing

ABILITYusa™ Physical Function preplacement testing is based on objective measurement of actual physical demands of a Police Officer, components of California Police Officer Standards and Training (P.O.S.T.), and other Department specific physical demands related to essential duties. **ABILITYusa™** testing processes incorporate a progression of lighter to heavier physical requirements. Candidates will demonstrate their ability to safely progress through tasks, including maximum safe lifting, managing push/pull forces, assessing endurance, and other physical demands related to the performance of the tasks of the position.

The testing Includes:

- Interview and review of medical and employment history.
- Screening of height and weight.
- Meeting the American Heart Association Blood Pressure and Heart Rate Guidelines to qualify for safe participation in testing (Blood Pressure of 140/90 or less and Resting Heart Rate less than 100 beats per minute).
- Monitoring Cardiovascular Fitness to assess the maintenance of 85% maximal permissible heart rate throughout all testing activities.
- Assessment of safe maximum lifting capabilities in a variety of positions between the floor and overhead.
- Evidence of tolerance for sustained and repetitive body postures, movements, and functional physical activities.
- Musculoskeletal screen to identify current posture, extremity and trunk strength, joint mobility/stability, and overall function.

ABILITYusa™ Physical Function Testing requires 90-120 minutes to complete.