

Physical Capacity Profile Test Information for Candidates Medium Rated Position

The position you are interviewing for has been determined to be a medium strength rating by the Department of Labor.

Medium work is defined as exerting 20 to 50 pounds of force occasionally, and/or 10 to 25 pounds of force frequently, and/or greater than negligible up to 10 pounds of force constantly.

If an offer of employment is extended to you for this position you will be scheduled to take a Physical Capacity Profile (PCP) test. This testing must be done within seven calendar days of the offer. You must reach the satisfactory score, a 3 or above, to be able to safely do the job. If you do not obtain the required score, the offer will be rescinded.

If you are pregnant, you will need a doctor's consent to take the test.

If you have uncontrolled high blood pressure, you will not be able to take the test until it is under control.

The test will take approximately 30 minutes.

Components of the Physical Capacity Profile®

- ✓ Comprehensive Medical Review
- ✓ Upper Extremity Strength
- ✓ Lower Extremity Strength
- ✓ Active Lumbar Range of Motion
- ✓ Lower Extremity Mobility
- ✓ Maximum Lifting Capability
- ✓ Safe Lifting Technique
- ✓ Trunk Strength
- ✓ Fitness
- ✓ Spirometry

The testing is ADA, EEOC and HIPAA compliant.



This testing began for any external offers of employment made on or after 8/6/12.