

PASSING YOUR FIT- FOR-DUTY TEST

COMMONLY ASKED QUESTIONS

What is a fit-for-duty test?

The fit-for-duty test is a measurement of an applicants ability to perform workplace tasks in a safe manner. It includes testing aerobic ability, upper and lower body strength, and body mechanics.

Why do I need to pass a fit-for-duty test?

Employees who pass the fit-for-duty test can help prevent on the job injuries and maintain a safer work place.

What should I expect the day of the fit-for-duty test?

Your blood pressure and heart rate will be measured before you begin the fit-for-duty. If your heart rate is above 100 beats per minute or your blood pressure is above 150/100 you will not be allowed to start the fit-for-duty test.

Your heart rate and blood pressure will be monitored throughout the fitness test. If your heart rate goes above your target heart rate during the test, you will fail the fit-for-duty. Your target heart rate can be calculated by the following equation: $(220 - \text{Age}) \times (.85)$

Is the fit-for-duty test timed?

Most of the test is not timed. We recommend that you perform each portion at your own pace, similar to how you would in a job setting. The aerobic step test is timed, but your heart rate can go above your target heart rate.

How can I prepare for this test to increase my chances of passing?

To prepare, you can improve your physical fitness. Talk with your health care advisor to begin a progressive exercise program. Focus on your upper and lower body strength, walking and running, and stretching.

Your should also learn proper lifting technique. Make sure you can lift the correct amount safely using proper lifting technique. You should also learn proper lifting technique; lift close to your body, keep your arms should-width apart, bend your knees, keep your back straight, and lift with your legs.

Do not drink coffee or energy drinks before your test because the caffeine can cause both your heart rate and blood pressure to increase.

