**Security WorkSaver Exam**

**Step Test Criteria**

As a part of the WorkSaver exam, applicants will be required to complete a three minute aerobic step test before completing any of the essential testing criteria for their specific position in which they are applying. This test is not job specific but used as an assessment tool. During this step test, the heart rate is monitored to determine an applicant’s aerobic fitness level. An applicant will be required to get a medical release from their private physician if any of the following situations occur:

1. Blood pressure exceeds 200 mmHg at any time during the step test
2. Heart rate does not fall under 100 beats/minute following completion of the step test in a reasonable amount of time (less than 10 minutes)
3. An abnormal heart rhythm is detected before, during or after test

**Essential Testing Criteria**

* Floor to Waist Lift Test: While wearing a 10 lbs. weight belt, lift 50 lbs. x 2
* Floor to Shoulder Lift Test: While wearing a 10 lb. weight belt, lift 40 lbs. x 2
* Floor to Crown Lift Test: While wearing a 10 lb. weight belt, lift 25 lbs. x 2
* Grip Strength Test: While wearing a 10 lb. weighted belt generate a grip strength of at least 65 lbs. with the dominant hand
* Two-Handed Carry Test: Carry 50 lbs. with two hands while wearing a 10 lb. weight belt for10 feet x 2
* One-Handed Carry Test: Carry 50 lbs. with one hand while wearing a 10 lb. weight belt for 10 feet x 2
* Walk Test: Walk on level surface while wearing a 10 lb. weighted belt at a steady pace for 500 ft. x 2 with good balance and coordination
* Stoop Test: While wearing a 10 lb. weight belt, from standing with legs straight (no bending of knees) bend over at the waist and reach towards the floor x 5, self-paced, continuous
* Twist Test: While wearing a 10 lb. weight belt, perform 10 alternate cross over toe touches x 10 each side, self-paced, and continuous
* Sustained Kneel Test: While wearing a 10 lb. weighted belt, from standing, kneel sustained for 3 minutes on one knee, return to standing, and kneel on opposite knee sustained for 3 minutes
* Repetitive Kneeling Test: While wearing a 10 lb. weighted belt, kneel on one knee and stand. Return to kneel on opposite knee. Repeat kneeling sequence x 5 for each knee, self-paced, and continuous
* Sustained Squat Test: While wearing a 10 lb. weighted belt, perform a sustained functional squat for 30 seconds at 70-90 degrees of hip flexion
* Repetitive Squat Test: While wearing a 10 lb. weighted belt, functionally squat x 5, self­paced, and continuous
* Gun Firing Position Simulation Test: While wearing 10 Ib. weight belt and holding a 1 Ib. weight (gun simulation), in rapid succession, stand and assume a shooting posture (i.e., both hands elevated to shoulder level with elbows extended and wrists straight and both hands gripping the one pound weight, then quickly drop into a kneeling and assume the shooting posture again. Then from kneeling move quickly into a prone position and assume a shooting position again. Once completed, reverse the sequence of shooting postures, returning to kneeling and then standing shooting postures
* Stair Climb Test: 50 steps: Wearing a 10 lb. weighted belt, climb up and down 25 steps, self-paced, continuous. Allow a 60 second rest break and then repeat climbing up and down of 25 steps, self-paced, continuous, and Slanted Ladder Climb Test: 30 rungs: While wearing a 10 lb. weighted belt, climb up and down a slanted ladder for 10 rungs x 3 self-paced, continuous