



## **Functional Abilities and Technical Standards for: EMT-Paramedic**

### **GROSS MOTOR SKILLS**

Ability to move in confined spaces, maintain balance in standing position, move body from one side to the other, reach below the waist and to the front or the side of the body to the level of the top of head (e.g., adjust overhead lights, plug electrical appliance into wall outlet)

### **FINE MOTOR SKILLS**

Ability to grasp, twist, squeeze, pinch, and manipulate fine equipment (e.g., operate fire extinguishers, manipulate a syringe)

### **TACTILE ABILITY**

Ability to distinguish subtle vibrations through the skin (e.g., palpate pulse)

Ability to identify the subtle difference in surface characteristics (e.g., rashes)

Ability to detect temperature (e.g., skin, liquids, environment)

Feel differences in sizes, shapes, (e.g., palpate vein, and identify body landmarks)

Detect environmental temperature

### **MOBILITY**

Ability to squat or modified squat (e.g., one knee on floor)

Ability to move quickly in case of emergency situations

Ability to climb and descend a flight of stairs

Ability to walk independently without the assistance of a cane, walker, crutches, wheelchair or the assistance of another person

Twist and bend

### **PHYSICAL STRENGTH**

Push and pull 50 pounds (e.g., position client, move equipment)

Support 50 pounds of weight (e.g., ambulate client)

Lift 50 pounds (e.g., pick up a child, transfer client, bend to lift client)

Carry equipment/supplies

Use upper body strength (e.g., perform CPR, physically restrain a client)

### **PHYSICAL ENDURANCE**

Stand (e.g., at client side during surgical or therapeutic procedure)

Sustain repetitive movements (e.g., CPR)

Maintain physical tolerance (e.g., work on your feet a minimum of 8 hours)



#### ENVIRONMENT

Ability to tolerate exposure to common allergens (e.g., body lotions and soaps, chemical substances)

Ability to tolerate odors

#### SPEECH AND COMMUNICATION

Ability to interact with others to report observations and advocate for the needs of patients

Ability to speak, write, and understand English in order to be able to communicate with patients as well as report and document patient information

Direct/manage/delegate activities of others

Listen/comprehend spoken and written word

#### SENSES: SMELL, HEARING, AND VISION

Ability to detect difference in body and environmental odors

Ability to hear and understand voices spoken at a normal speaking volume at a distance of 10 feet (typical length of a room), e.g. person to person conversation

Ability to hear faint noises such as whispers within a range of 4 feet (considered the typical comfort zone)

Hear faint body sounds (e.g., blood pressure sounds, assess placement of airway management tubes)

Ability to see objects clearly within a minimum of 20 feet

Distinguish color and color intensity (e.g., color codes on supplies, flushed skin/paleness)

Ability to have depth perception and peripheral vision to allow identification of dangerous objects and client situations within the client room

Ability to read and interpret written data held at a reasonable distance

#### EMOTIONAL STABILITY

Ability to interact and support patients during times of stress and emotional upset

Ability to adapt to changing situations and emergency conditions while maintaining emotional control

Ability to cope with strong emotions and physical outbursts of patients while remaining in a reasonable state of calm

Ability to focus attention on patient needs despite interruptions and multiple demands

Ability to accept constructive feedback and accept responsibility for own actions

#### INTERPERSONAL SKILLS

Ability to apply knowledge gained in classroom to establish appropriate relationships with patients, families, and coworkers

Ability to interact as a member of the health care team

Ability to show respect for diversity in culture, religion, sexual orientation, marital status, socio-economic status and abilities/disabilities

Negotiate interpersonal conflict



#### READING

Ability to read and understand written documents (e.g., charts, graphs, and worksheets)

Ability to read and understand digital and computer displays

Ability to read and understand a road map

#### MATH

Ability to do basic math including add, subtract, multiply, and divide without the use of a calculator

Ability to count and understand the meaning of numbers

Ability to measure length by reading a tape measure or ruler or length-based tape

Ability to tell time on a digital and analog clock

Measure time (e.g., count duration of contractions, CPR, etc.)

Compute fractions and decimals (e.g., medication dosages)

#### CRITICAL THINKING

Identify cause-effect relationships

Plan/control activities for others

Synthesize knowledge and skills

Sequence information

Make decisions independently

Adapt decisions based on new information

#### ANALYTICAL THINKING

Transfer knowledge from one situation to another

Process and interpret information from multiple sources

Analyze and interpret abstract and concrete data

Evaluate outcomes

Problem solve

Prioritize tasks

Use long-term memory

Use short-term memory