



Work Performance Test Ramsey County Sheriff (adult Detention Center) or Community Corrections (Correctional Facility) Job Position: Correctional Officer 1, 2, and 3

Name: _____ Date: _____ Age: _____ Handedness: R L

Essential Job Task	Description of Test & Comments	Met or Not Met?
Grip strength is required throughout the position (handling/controlling fire arms, restraints, handcuffing, etc.). Repetitive gripping is completed throughout shifts as needed.	Hang with both hands on pull up bar using a pronated or supinated grip (candidate's choice) for as long as tolerated (maximum of 30 seconds). Feet must not touch the floor. Hang time recorded; not included in met/not met criteria.	Time (seconds): _____
Finger intensive tasks: Pinch strength required throughout the positions (primarily using keys extensively during shift, etc.). Employees must have normal pinch to tolerate the repetitive nature of this work.	Bilateral pinch strength testing is completed with a pinch gauge with score expectations WNL for age/gender; 3 reps. Key Pinch Norms R: _____, L: _____ Key Pinch: R _____ / _____ / _____ L _____ / _____ / _____ *not included in met/not met criteria.	N/A
Removing person from on top of officer – officer has person on top of them trying to pin them down and they need to push them off.	Perform one chest press at 75 lbs. simulating pushing a person off of oneself.	Met Not Met
Trunk bending – throughout the day for vehicle/bus/train searches, in/out of vehicle, etc.	Search for two hidden items in an area (play hand gun and small bag of white granular substance) assuming all of the awkward & low level working positions.	Met Not Met
Lifting- handle/move property totes between various shelf heights.	Pick up 20 lbs. property tote at ground level and place on shelf heights: 12”, 32”, 55”, and 74”. May use step stool to reach top shelf; 3 reps. each level.	Met Not Met
Lift & Carry – Daily handle duty bag from command station to squads. Moving evidence to SUV and then to evidence room.	Lift 28 lb. bag from 36” shelf, carry 100 ft., and place at 44” height in squad cabinet.	Met Not Met
	Fold and lift 40 lbs. wheelchair into back of SUV at 44” height. Reverse process and transport (roll/carry preference) 50 ft. to evidence room.	Met Not Met
Stair Climbing – occasional to frequent for well-being checks & escorts, monitoring, securing area, etc.	Go up and down 6 flights of stairs. Accomplish within 1.5 minutes.	Met Not Met
Handcuffing and drag/move inmate – Body drag from cell area, emergency response, etc.	Apply handcuffs to simulated wrists for 1 rep.	Met Not Met
	Drag 165 lbs. mannequin <u>holding under the arms</u> for a 40 ft. distance over a concrete floor.	Met Not Met
	Heart rate recovery less than 3 minutes? Y N	Met Not Met
Low level work. When applying shackles requiring fine motor coordination when transporting inmates.	Complete a fine motor coordination task for 1 min. at ground level while kneeling/crouching/ bending.	Met Not Met



Work Performance Test Ramsey County Sheriff (adult Detention Center) or Community Corrections (Correctional Facility) Job Position: Correctional Officer 1, 2, and 3

Name: _____ Date: _____ Age: _____

Flexibility

Normal Tight Very Tight
1 2 3 4 5

NECK

RIGHT

LEFT

Rotation _____
Side Bend _____
Flexion _____
Extension _____

SHOULDER

RIGHT

LEFT

Abduction _____
Adduction _____
Flexion _____
Extension _____
Int. Rotation _____
Ext. Rotation _____
H-adduction _____
H-abduction _____
Scratch test – IR _____
Scratch test – ER _____

ELBOW

RIGHT

LEFT

Flexion _____
Extension _____
Pronation _____
Supination _____

WRIST

RIGHT

LEFT

HAND _____

Grip strength average
Low/High range

Strength

Normal Good Fair Poor
5 4 3 2

RIGHT

LEFT

RIGHT

LEFT

RIGHT

LEFT

R= _____ L= _____

TRUNK/BACK

RIGHT

LEFT

Rotation _____
Side Bend _____
Flexion _____
Extension _____

RIGHT

LEFT

LOWER EXTREMITIES

RIGHT

LEFT

Quadriceps _____
Hamstrings _____
Hip Flexion _____
Hip Adduction _____
Hip Abduction _____
Dorsiflexion _____
Plantarflexion _____

RIGHT

LEFT

Comments: