

**Marshfield Police Department
Ascension Employer Solutions**

ANNUAL JOB TEST

JOB:	Police Officer
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Annual job test is completed while wearing a weighted vest with total weight of 18 lbs (to simulate protective vest and duty belt). Participant will wear long pants and appropriate, duty footwear for the test.

ANNUAL JOB TEST	WHY TESTING	EQUIPMENT NEEDED
Use ram on bag/mat 3x	door/wrestling grip	Ram & bag
Overcome/climb a 4 ft. fence	Evading a fence, jumping into a window,	Fence/wall
Jump over a 1' hurdle	Evading curves and small obstacles	low hurdle
Carry 12 pounds at shoulder height , 30ft.	Carrying a weapon	12# sand bag
Run ¼ mile in 2:15	Foot chases/responding to emergency	¼ mile track/treadmill?
Climb 40 stairs up-down	In and out of a building	Staircase
Push 80 lbs. of force at waist level, 30 ft.	Moving people/animal/debris/evidence	Sled, 80# of force, 2 cones
Climb 40 stairs up-down	In and out of a building	Staircase
Pull/drag 80 lbs. of force at waist level, 30 ft.	Moving people/animal/debris/evidence	Sled, 80# of force, 2 cones
Climb 20 stairs up-down	In and out of a building	Staircase
Lift/carry up to 100 lbs. in a crate, from floor waist height , carry for 20 ft.	Moving people/animal/debris/evidence	Crate, 100#, 2 cones