

PRE-SERVICE MEDICAL AND PHYSICAL CAPABILITY ASSESSMENT FACT SHEET

PRISON OFFICER & YOUTH JUSTICE WORKER

You will be required to undertake various physical tasks as part of your role. These include, but are not limited to:

Searching

- Prisoners / people in custody
- Cells
- Accommodation areas / work areas

Responding to incidents

- Self defence
- Restraint techniques

Training

Our **pre-service training** involves various training modules that include a physical component. These are:

- Internal and external
- Tactical options
- On the job placement
- Fire awareness
- Restraints
- Searching

Pre-service Medical and Physical Capability Assessment

To ensure you are capable of undertaking the inherent requirements of the Prison Officer or Youth Justice Worker role and pre-service training safely, without risk of injury to yourself or others, it is a requirement of our recruitment process that all candidates must successfully pass a pre-service medical and physical capability assessment prior to employment.

These assessments occur towards the end of the process, should your application progress to that stage. These assessments are based on the physical requirements of the current pre-service training, as well as the inherent requirements of the Prison Officer / Youth Justice Worker roles, and will consist of the following components:

Body Mass Index (BMI)

Between 18.5 and 35.

NB: If BMI is above 35, the candidate's waist circumference must be below:

Men – 102cm

Women – 85cm

Medical assessment

- Supervised urine drug screening
- Audiology (hearing test)
- Vision and colour vision (basic eye test)
- Lung function test
- Cardiovascular health
- General health
- A brief past history of illness
- Task based assessments

Physical capability assessment

- Lumbar and hamstring flexibility
- Body composition (% of body fat)
- Cardiovascular fitness (aerobic fitness capacity – step test)
- Upper body strength
- Abdominal strength

Candidates will be assessed by doctors and other trained medical professionals.

Preparing for the Pre-Service Medical and Physical Capability Assessment:

Candidates who perform exercise regularly and maintain a base level of fitness should not find the assessments difficult.

Candidates who do not exercise regularly should commence some fitness training activities for at least four weeks prior to assessment. This may involve a brisk walk daily for at least 30 minutes. There are a variety of fitness programs that individuals may follow and it is left to each candidate to perform activities that suit their own personal circumstances.

Candidates who have any pre-existing medical conditions that might impact on physical training should consult their doctor for advice prior to commencing training.

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CAPABILITY

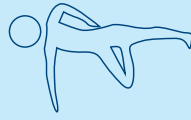
TASKS YOU MAY BE REQUIRED TO UNDERTAKE ON THE JOB

HOW WE'LL ASSESS YOU

WHAT YOU'LL NEED TO ACHIEVE TO PASS THE TEST

TRAINING TIPS

Lower Limb Function



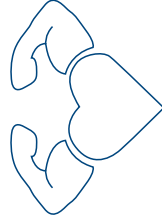
- Fitness to walk, move quickly, over distances and respond to emergency situations

- Perform a variety of squatting exercises designed to test leg strength

- Kneel with hands behind back for 20 seconds
- Single leg squats: 9-11 (points deducted for crepitus and poor balance or form)
- Ability to squat and bounce

- When squatting, focus on keeping your chest up, your hips back and your knees out
- Building strong core muscles will make these exercises easier

Upper Body Strength



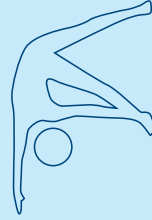
- Carry and use emergency equipment, riot shields, restraint devices
- Drag an adult body in an emergency rescue situation

- Squeeze a grip strength dynamometer with each hand
- Press weighted bells above your head while standing
- Perform consecutive push-ups

- FEMALES**
- Grip strength: 28-30kg
 - Overhead press: 6kg
- MALES**
- Grip strength: 43-49kg
 - Overhead press: 10kg
 - 9-11 push-ups (females may kneel)

- Training with weights will help improve grip and press strength
- When doing push-ups, it's recommended you squeeze your core and glutes to avoid rounding your spine

Range of Motion



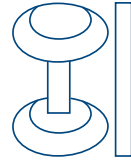
- Hold and restrain prisoners/people in custody
- Negotiate heights for control room operations

- Complete a series of stretch exercises to demonstrate flexibility, mobility and reach

- Neck flexion, extension and rotation
- Trunk rotation
- Lumbar flexion and extension
- Straight leg raise

- Frequent, controlled muscle stretching is recommended to increase range of motion
- Stretch after workouts and before bed

Lifting



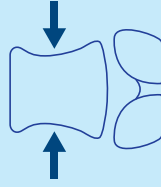
- Carry 15kg + weights, including boxes, equipment, breathing apparatus, etc
- Handle batons and firearms under appropriate controls

- Hoist weight up and down repeatedly over one minute
- Carry this weight a distance of five metres

- Repeated lift of 15kg: 8-11 pumps
- Lift and carry weight five metres: achieve by second attempt

- Regular weight training in the gym will set you up well to achieve the benchmark

Core Strength



- Perform static tasks, like sitting for surveillance operations
- Climb steps, stairways and ladders

- Maintain an abdominal hover (core plank) for as long as possible, up to 90 seconds
- Execute consecutive back extensions
- Perform trunk curls

- Hold plank for 50-69 seconds
- Back extensions: 11-15
- With hips at 45°, sit up with hands across chest

- When working out, keep your abdomen tight and contracted throughout
- Bridge, side plank and lunge exercises are also beneficial to core strength development