



NYS Department of Civil Service
Employee Health Service
55 Mohawk Street – Suite 201
Cohoes, NY 12047

Requirements for Physical Agility Test for Correction Officer Trainee

EHS-AG-1 (7/06)

The test will consist of eight elements described below, which are essential for the satisfactory performance of the duties of a Correction Officer.

Elements I-VII are scored on a pass/fail basis. A candidate must satisfactorily complete each element of the test in order to successfully complete the test. Candidates who fail the test will not be appointed to the position. Unsuccessful candidates will be considered for retesting at a future date.

ELEMENT I – Stair Climb Test

The candidate must go up and down a flight of stairs one time.

Fail: Unable to go up and down the flight of stairs.

ELEMENT II – Ladder Ascent

The candidate safely climbs to a height of approximately 12 feet, the ladder encased by a standard industrial safety cage with an interior dimension of approximately 30 inches, until the designated rung is touched. The candidate then descends to the floor in a safe manner.

Fail: Unable to safely climb up/descend the ladder.

ELEMENT III – Suspended Dummy Raise

The candidate must lift a 120-pound hanging dummy (using a bear hug) high enough to relieve the tension on the rope (thereby taking pressure off the neck) and hold for 5 seconds.

Fail: Unable to relieve the tension on the rope.
Unable to hold for 5 seconds.

ELEMENT IV – Body Transport Test

The candidate must pull a blanket with a 160-pound dummy for thirty (30) feet.

Fail: Unable to pull the dummy the designated distance.

ELEMENT V – Obstacle Vault

The candidate must be able to get over a 3-foot high obstacle in a safe manner (hurdling or diving not permitted).

Fail: Unable to get over the obstacle within 5 seconds.

ELEMENT VI – Door Lock and Unlock

The candidate must properly unlock a standard use security cell door, using the assigned key, go through the door and relock the same door.

Fail: Unable to unlock, pass through and relock door.

ELEMENT VII – Load and Unload

The candidate must properly load and unload a designated firearm in a safe manner. Note: This task will be evaluated by a firearms expert.

Fail: Unable to load and unload the designated firearm.

ELEMENT VIII – Three-Minute Step Test

For 3 minutes the candidate will lift one foot at a time while stepping on and off a 12-inch bench. The candidate must keep pace with a metronome set at 96 beats per minutes. Immediately after the 3 minutes, with the candidate sitting, a 60-second heart rate count is taken starting 5 seconds after the completion of stepping.

Note: There is no pass/fail for this element. The results are used by the medical examiners as part of their cardiovascular assessment.