

## Technical Standards

If you know you have a recognized disability, or suspect that you might have one, it is your responsibility to identify yourself as soon as possible to the Disability Services staff in the Student Services office. Course standards will not be lowered; however, various kinds of accommodations may be available to you. Adequate and reasonable time will be required to develop and provide appropriate accommodations, so contact Disability Services as soon as possible. It is Mid-State's goal to assist you in your individual educational plan. The following is a listing of personal abilities that are needed to function as a Firefighter and/or EMS provider. If you are lacking in any of these abilities, it is your responsibility to notify the Disability Services staff in Student Services to receive assistance.

### Technical Standards and Representative Activities for Fire and EMS Programs.

#### Gross Motor Skills

- Move within confined spaces
- Reach above shoulder
- Reach below waist
- Reach out front

#### Fine Motor Skills

- Pick up objects with hands
- Grasp small objects with hands
- Write with pen or pencil
- Key/type
- Pinch / pick / squeeze with fingers
- Twist
- Good eye hand & foot coordination
- Simultaneous hand, wrist & finger movement

#### Physical Endurance

- Walking and Standing
- Sustain repetitive motions (CPR)
- Climbing and Balancing
- Stooping
- Kneeling
- Crouching
- Crawling

#### Physical Strength

- Lift, carry, and balance up to 125 pounds (250 pounds with assistance)
- Carry equipment / supplies
- Use upper body strength (CPR)
- Squeeze with hands

## **Vision**

- See objects up to 20 inches away (small needles)
- See objects up to 20 feet away
- Use depth perception
- Use peripheral vision
- Distinguish color and color intensity
- See in a darkened room

## **Environment**

- Work in cold, with or without temperature changes
- Work in extreme heat, with or without temperature changes
- Work in wet and/or humid conditions
- Work in noise and/or vibration
- Work in Hazards
- Work in atmospheric conditions

## **Hearing**

- Hear and discriminate at speech normal conversational sound levels
- Hear faint voices
- Hear faint body sounds (shallow breathing)
- Ability to discriminate speech in noise
- Hear in situations when not able to see (back turned, mask)

## **Tactile**

- Feel vibrations
- Detect hot and cold temperatures
- Feel differences in surface characteristics
- Feel differences in sizes & shapes

## **Reading**

- Read medication/prescription labels
- Accurately read a Drug Reference Manual
- Accurately read a road map
- Review written reports for accuracy
- Read professional journals

## **Math**

- Tell time (both standard and military)
- Measure time
- Add, subtract, multiply, divide, and count
- Compute fractions and decimals
- Perform quickly and precisely mathematical calculations using ratio and proportion
- Document numbers in records

### **Interpersonal skills**

- Establish rapport with EMS personnel, patients, family members, bystanders, and other health care providers

### **Communication Skills**

- Exhibit & comprehend nonverbal cues
- Speaks English
- Writes English
- Read English
- Understand English
- Listen & comprehend spoken / written word
- Communicate verbally with diverse cultures and age groups
- Collaborate with others

### **Emotional Stability**

- Independent and confident
- Adapt to changing environments
- Deals with the unexpected
- Establish professional relationships
- Accept feedback appropriately
- Accept responsibility of own actions
- Ability to use good judgment and remain calm in high-stress situations
- Ability to assume the role of team leader

### **Critical Thinking**

- Comprehends & follows instructions
- Identifies cause-effect relationships
- Ability to draw valid conclusions expediently relevant to patient's condition, often using limited information

### **Analytical Thinking**

- Problem solve
- Transfer knowledge from one situation to another
- Process & interpret written & oral information from multiple sources
- Apply math concepts
- Analyze & interpret abstract and concrete data
- Prioritize Tasks (time management)
- Evaluates outcomes
- Use short & long-term memory
- Plan & Control activities