

MEDICAL RELEASE FORM

Vita Health Physical Assessment

This form is to be completed by a Medical Physician or Nurse Practitioner

GENERAL DETAILS

The purpose of the Vita Health Physical Assessment is to test general levels of fitness based on general fitness standards as well as capacity to perform physical job-related demands compared to actual job requirements. It is an objective assessment to ensure employee safety and preparedness to do the jobs within manufacturing.

The tests are administered by the University of Manitoba, Recreations Services Occupational Testing Team (Canadian Society for Exercise Physiology Certified Personal Trainers or Exercise Physiologists) at the University of Manitoba and are **not medically supervised**. The test procedures are described briefly below:

TEST DETAILS

PART 1: General Fitness Assessment (Adopted from CPATH—Canadian Physical Activity Training for Health)

General physical fitness tests are used as an entry-level standard to determine whether an applicant is qualified through fitness level to perform essential job tasks and resemble the physical challenges required to perform the identified jobs.

CARDIOVASCULAR FITNESS

- **SINGLE-STAGE EBBELING TREADMILL WALKING TEST:** Walking pace is established during a 4-minute warm-up at 0% grade. Then the applicant continues the walking pace for an additional 4 minutes at 5% grade, followed by a 2-minute cool down.

MUSCULAR STRENGTH/ENDURANCE

- **GRIP STRENGTH:** Using grip dynamometer an applicant squeezes dynamometer exerting maximum force.
- **FRONT PLANK:** Lying on stomach, with forearms on mat and the elbows under the shoulders, applicant lifts body off floor from the toes, keeping body straight. Applicant holds position while being timed.
- **BACK EXTENSION:** Lying face down with the legs secured at the ankles and the hips resting on a supporting pad, the applicant keeps the upper half of their body (arms crossed on the chest), staying horizontal for as long as possible without dropping or rotating.

FLEXIBILITY

- **SIT AND REACH:** Sitting in front of a flexometer with the knees fully extended, the applicant leans forward from the hips and reaches the hands as far past the feet as possible.

PART 2: Practical Job-Related Assessment

The job-related tests were designed to simulate actual Vita Health Employee tasks and the ability to perform all jobs in the Manufacturing department. The assessment is designed to encourage applicants to work at the submaximal level of their physical ability. This assessment and variations of it have been used for other occupations with similar job performance requirements.

LIFTING

- **FLOOR TO WAIST:** Lifting a sandbag from the floor setting on a table (waist height). Load is progressively increased to a max of 70 lbs. This is repeated until all loads are lifted or until a load cannot be completed.
- **WAIST TO SHOULDER:** Lifting a sandbag, by curling it up, from a table (waist height) to chest/shoulder height. Load is progressively increased to a max of 70 lbs. This is repeated until all loads are lifted or until a load cannot be completed.
- **SHOULDER TO OVERHEAD:** Lifting a sandbag, by pressing it up, from chest/shoulder height to overhead. Load is progressively increased to a max of 50 lbs. This is repeated until all loads are lifted or until a load cannot be completed.

DYNAMIC PULLING/PUSHING

- A weighted sled is pulled 15 feet at a consistent speed and then pushed 15 feet at a consistent speed Load is progressively increased to a max of 225 lbs. This is repeated until all loads are pushed and pulled or until a load cannot be completed.

MEDICAL RELEASE FORM

Vita Health Physical Assessment

Applicant is to email this completed form to occupational.testing@umanitoba.ca within 24 hours of completion

Applicant Name _____

Is this individual taking any medication that could affect normal physiological responses to exercise?

☐ No ☐ Yes If yes, please explain

As a part of the Vita Health Physical Assessment, a pre-screening of the applicant's resting Heart Rate and Blood Pressure are taken. The cut-off for these measures are < 100 bpm and < 160/90 mmHg. As part of the applicant's medical visit, I have evaluated the applicant's heart rate and blood pressure and deem both readings to be within a normal and controlled state.

☐ No ☐ Yes If no, please explain. Resting HR _____ bpm Resting BP _____ mmHg

During the Vita Health Physical Assessment, if the first reading (for either BP or HR) is above the cut-off, the tester has the applicant rest for 5 minutes and re-take the measure. If the second reading remains above the cut-off, it is safe for the applicant to continue with the Vita Health Physical Assessment.

☐ No ☐ Yes If no, please explain.

Is there any reason that this individual should not complete the Vita Health Physical Assessment as described?

☐ No ☐ Yes If yes, please explain.

I certify that this individual has been given a medical examination and is medically fit to undertake the Vita Health Physical Assessment as described.

Physician's / Nurse Practitioner's
name (please print) _____

Date _____ Telephone _____

Address _____

Signature _____

Medical Clinic Stamp
required