

## **Minimum Physical Standard Video – General Information – All**

The purpose of this video is to inform you of the requirements for all new hires receiving a conditional offer of employment with the Nebraska Department of Correctional Services for the following jobs: Custody/Unit Staff/Adult Parole; Facilities Maintenance; Food Services and LPN and RN positions.

The screen is performed in 2 parts. Part one is a general assessment of posture, range of motion and functional ability. Part two is specific to each job and focuses on tasks of minimum physical standard. These specific tasks have been identified by a survey of current associates and an observational evaluation of identified tasks. It is important to remember that this is not a fitness test but an examination of your ability to perform the minimum physical standard (MPS) of a specific job.

The test will take 45-60 minutes. Proper attire for testing will include loose fitting, fitness type clothing and athletic footwear. This will allow the examiner the ability to perform accurate assessments and allow the applicant unrestricted movement during testing.

Upon successful completion of the MPS you will then move on to the medical examination. If after viewing this video you feel you will need accommodation for a specific disability please contact the ADA Coordinator at 402.471.2654. For full details of the testing process please review the written information provided in the [Minimum Physical Standard \(MPS\) Screen](#) overview previously provided to you.

To view the video segments please begin by clicking on the link to the section for [General Examination for all Categories](#).

## **General Examination for all Categories**

“In this portion of the screen the health care provider will assess your heart rate, blood pressure and obtain a baseline body fat percentage.”

“An analysis of your sitting and standing posture will be performed followed by an assessment of active range of motion for the thoraco-lumbar spine..... and the cervical spine. An examination of range of motion will then be performed of the upper extremities.... as well as the lower extremities.”

“Two trials of grip and pinch strength will be averaged and compared to age and gender related normative data.”

“Finally you will be asked to demonstrate the ability to perform 10 functional squats and 10 forward bends.”

“Now, please click on the link for the specific job to which you have been given a contingent offer of employment.”