



SEAPA

Post-Offer Employment: _____

Biannual: _____

Pilot: _____

Date: _____

Age: _____

Sex: M F

Resting HR: _____

Resting BP: _____

Relevant medical history:

Pilot meets pre-test criteria: Yes No

Comments:

Activity

Completed

Don a survival suit (1:30 or less)
(Don in room with lights out)

Time: _____

Yes No

Floor-to-waist lift

20#

Yes No

40#

Yes No

50#

Yes No

50# suitcase or backpack

Yes No

Waist-to-shoulder

25#

Yes No

Balance Activity

Walk the length of 2 tilt boards, 360 degrees on a "BAPS" board
(two repetitions)

Yes No

Functional circuit:

Step from 2" x 4" board to foot stool, 24" from vertical ladder

Yes No

Climb up/down 12 rungs of a vertical ladder

Yes No

Step back onto foot stool

Yes No

Back onto 2" x 4" board

Yes No

Open and close a watertight door

Yes No

Step over a 24-inch step

Yes No

Climb up/down a pilot ladder (touch top rung) (LIGHTS OUT)

Yes No

Stair climb (3 sets of 36 stairs)

Yes No

Recite message to Captain

Yes No

Results:

_____ Pilot meets body mechanics and activity criteria

_____ Pilot does not meet criteria due to: _____

Evaluator Signature: _____ Date: _____