

Physical Requirements

Detention Deputy

Physical Requirements: Must be physically able to operate a variety of law enforcement related machines and equipment which includes van, law enforcement vehicles, firearm, walkie-talkie, typewriter, computer, camera, copier, telephone system, alarm system, VCR/DVD, restraint equipment, etc. Physical demands are in excess of those for sedentary work. Must be able to exert up to fifty pounds of force occasional, and/or up to twenty-five pounds of force frequently, and/or up to ten pounds of force constantly to move objects. Must be able to walk and/or stand for long periods of time. Work involves climbing, bending, stooping, reaching, etc. Must be able to pursue inmates on foot and run to the scene of a disturbance or emergency. Must be able to physically subdue or restrain inmates alone or with the help of another person. Must be able to physically separate two fighting inmates with the help of another officer. Must be able to search areas that are not easily accessible for contraband. Must be able to lift and/or carry and drag weights of one hundred to two hundred pounds.

Physical Fitness: Walk or stand for long periods of time. Be able to walk or stand 7-8 hours of a shift. Pursue inmates on foot. After walking/standing for 7-8 hours, be able to pursue a running inmate by sprinting distance of 30 to 50 yards. Run to scene of disturbance or emergency. After walking/standing 7-8 hours of a shift be able to walk briskly or jog 300 feet to the scene of an emergency, including climbing one flight of steps (20 steps) within 30 seconds. Physically subdue or restrain an inmate by yourself. After walking/standing 7-8 hours of a shift, be able to apply appropriate techniques to physically restrain a resisting individual by yourself for at least 30 seconds (upper body strength, bench press, curls (arm/wrist), pushups, etc.). Physically subdue or restrain an inmate with help of another person. After walking/standing 7-8 hours of a shift, be able to apply appropriate techniques to help another officer:

1. Move a resisting individual 20 or more feet.
2. Physically restrain individual for at least one minute.

Physically separate two fighting inmates with the help of another officer. After walking/standing 7-8 hours of a shift, then walking briskly or jogging 300 feet in response to a call for help, be able to help another officer separate two fighting inmates by approaching one inmate from behind, pulling the inmate away, applying appropriate techniques to restrain the inmate for at least one minute. Defend yourself against an inmate with a weapon, then disarm, and subdue them. After walking/standing 7-8 hours of a shift, be able to handle an attacking inmate by verbally deescalating the situation if possible. And when not possible, calling for assistance, retreating, and/or disarming inmate. Search areas that are not easily accessible for contraband. After walking/standing 7-8 hours of a shift, be able to:

1. Assume position to look under bed and visually search for contraband.
2. Step up on a chair and maintain balance while reaching high areas.

Carry heavy objects by yourself. After walking/standing 7-8 hours of a shift, be able to carry an air pack (30 lbs.) on your back and walk briskly 75 feet or more. Lift and carry heavy objects with the help of

another officer. After walking/standing for 7-8 hours of a shift be able to lift a hanging dummy (165 lbs.) by yourself putting slack on the rope tied around the dummy's neck and hold for 30 seconds. After walking/standing 7-8 hours of a shift, be able, with the help of another officer, to lift and carry a 165lb Inmate on a stretcher for 75 feet or more. Drag heavy objects. After walking/standing 7-8 hours of a shift, and walking briskly or jogging 75 feet, be able to apply appropriate technique to quickly drag 165 lbs. dummy for 20 feet or more. Ability to change a tire in an emergency. Ability to extinguish a fire. Ability to conduct CPR and first aid.