



**LEBANON POLICE DEPARTMENT
201 EAST MAIN STREET
LEBANON, IN 46052**

REPORT OF PHYSICAL EXAMINATION

PLEASE TYPE OR PRINT WITH BLACK INK

PATIENT INFORMATION

NAME (LAST, FIRST MIDDLE) _____

DATE OF BIRTH _____ SEX _____ SOCIAL SECURITY NUMBER _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE NUMBER (HOME) _____ (CELL) _____

PHYSICIAN: Please read before examining the patient

The Lebanon Police Department requires that all applicants undergo a battery of physical tests as part of the hiring process. These tests are based upon a validated analysis of the tasks that law enforcement officers perform, or must be prepared to perform, each day that they work.

The tests include, but are not limited to:

- Vertical jumping
- Sit-ups
- Push-ups
- Running/walking for short and long distances

The intent of this physical examination is to determine if, in your opinion, the applicant possesses the vision, hearing, strength and agility needed to perform the types of activities described. The use of blood pressure, a resting electrocardiogram, and pulse rate as sole indicators of fitness for these aerobic exercises is probably inadequate. It is recommended that the patient's cardiovascular fitness be measured under stressful conditions using instruments such as stress treadmill, a 12-minute walk/run, or a 12 – 16 inch step test for 3 minutes.

PHYSICAL EXAMINATION

HEIGHT WITHOUT SHOES _____ WEIGHT _____ BLOOD PRESSURE _____ HEART RATE _____

AS A RESULT OF MY EXAMINATION, I HAVE DETERMINED THAT THIS PATIENT **CAN** **CANNOT** SAFELY PARTICIPATE IN ALL TYPES OF VICOROUS PHYSICAL ACTIVITIES.

PHYSICIAN SIGNATURE _____ DATE _____

PHYSICIAN NAME TYPED OR PRINTED _____