



What You'll Need.

1. Provide government issued photo ID upon arrival.

[Click to view acceptable ID types](#)

2. Complete Authorization Form & Results Release form.

note.

Once your paperwork is complete you must **NOT** leave the testing facility. Doing so is indicated as a Refusal-to-Test. Re-testing can be completed at your company's discretion.

Dos & Don'ts!

Do's	Don'ts
DO Get 8 hours of rest before your scheduled appointment.	DO NOT Wear sandals or open-toe shoes
DO Bring a government issued photo ID.	DO NOT Eat food with low nutritional value
DO Dress appropriately: shorts, t-shirt, & proper footwear.	DO NOT Leave the testing facility until authorized
DO Stay properly hydrated.	DO NOT Forget to lock your items in SureHire's locker-room

The Testing Process.



Personal Item Storage

You will be provided with a locker and key to store your belongings in.



Vitals Check

An occupational health technician will record your height, weight, blood pressure, and grip strength.



Musculoskeletal Examination

You will undergo a full body musculoskeletal examination to assess the stability, strength, range of motion, and integrity of your muscles, joints, ligaments, and bones.



Critical Strength & Mobility Test

The duration of testing is approximately 45 min. to 1 hr. You will be required to perform the following:

- A standardized stepping test,
- Proper lifting techniques,
- Weight carries ranging from 15–100lbs in variety of ways for varying distances at varying sets/ repetitions depending upon the job,
- Positional mobility tests, and
- A sustained trunk flexion test.

note.

Standard protocols are in place to reduce the risk of COVID-19 transmission in our facilities. For more information about SureHire's COVID-19 Clinic Control and Prevention Strategy, please contact us.

FAQ

Will I have to do push-ups & sit-ups?

No, testing is based on the lifts, carries, and crouches that would be required on the job site.

Additional questions?

Contact us toll-free at 1.866.944.4473 or email us at info@surehire.com