



UCHealth Occupational Health
Redstone Bldg. 2315 E. Harmony Rd, Suite 170 Fort Collins, CO 80528
(970) 297-6581

WorkSTEPS® Employment Test Information Sheet

Appointment Date/Time

Candidate Employee Name

Employee's Position

Employer

You are being asked to participate in a 2-hour employment test. This test is based on the physical demands of the position you have been offered. Included in this test is a functional evaluation of your cardiovascular fitness, your safe lifting capacity, your body mechanics, and your job specific tasks. This baseline data is used to determine your current ability to **safely** perform the physical requirements of this position.

Because this test is physical in nature, certain pre-existing conditions may require a consent form to be completed by your personal physician in order to participate in the exam. Please review the following list of conditions: High Blood Pressure, Diabetes, Hernias, Hemorrhoids, Depression, Epilepsy / Seizures, Pregnancy, Heart Surgery or Cardiovascular/Pulmonary Conditions, Orthopedic Surgery. If you have had any of these conditions or other major medical issues in the past year, please call to determine if you will be required to obtain a physician's consent prior to the examination. **To reach a WorkSTEPS technician, please call 970.297.6581.**

Scheduling:

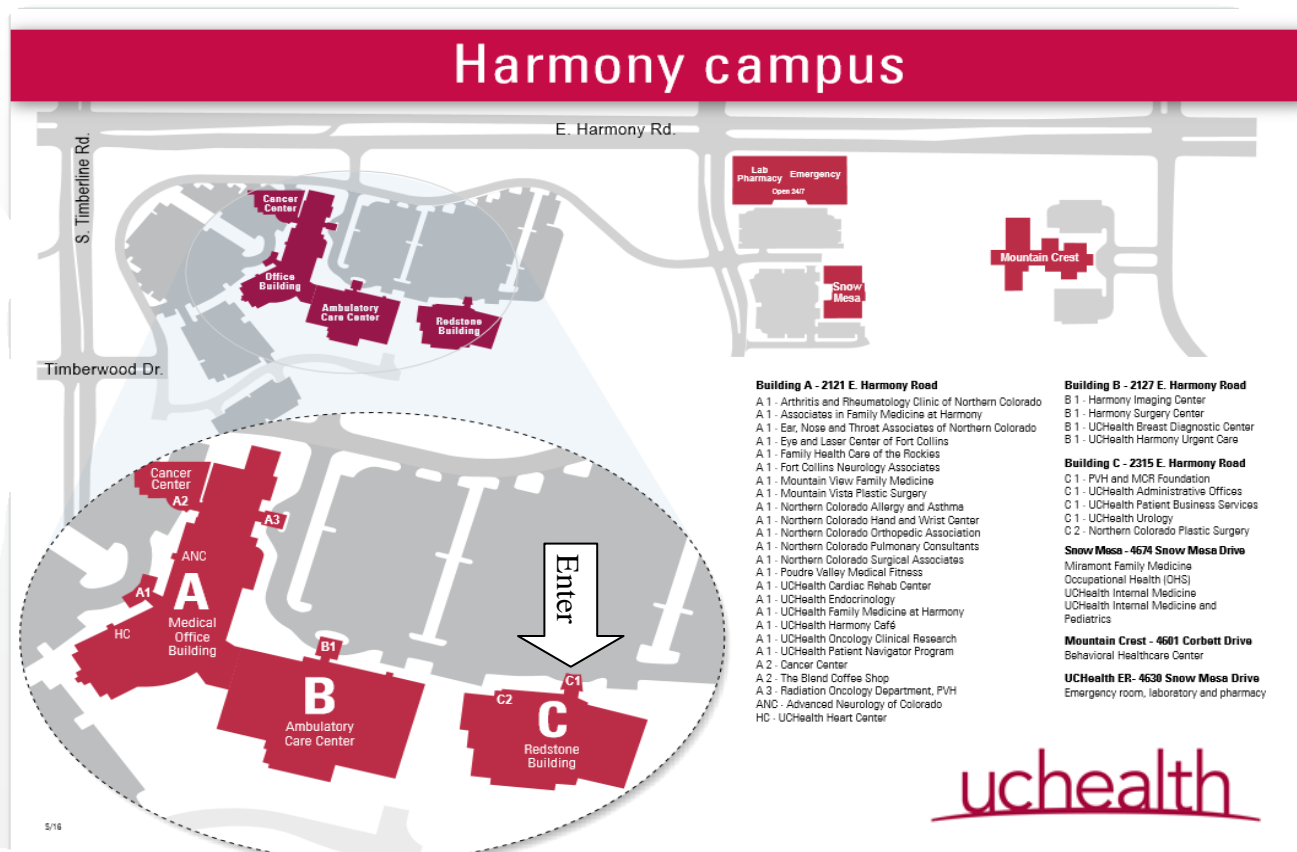
Your appointment will take place at **UCHealth Occupational Health, Redstone Bldg. 2315 E. Harmony Rd, Suite 170 Fort Collins, CO 80528**. You will need to **arrive 10 minutes prior to your appointment** in order to complete the required paperwork. If you are going to be late, please call, as you may need to reschedule. No call / no show appointments will be reported to your potential employer, and will not be rescheduled without their approval.

Call the UCHealth WorkSTEPS line to schedule: 970.297.6581.

WorkSTEPS® Post Offer Pre - Employment Test

IT IS VERY IMPORTANT FOR YOU TO COMPLY WITH THE FOLLOWING RECOMMENDATIONS:

1. Bring a government-issued photo I.D. to your WorkSTEPS appointment.
2. Wear loose fitting and comfortable clothing.
3. Wear tennis shoes if possible. No open-toed shoes, please.
4. If you smoke, refrain from doing so for approximately 30 minutes to one hour prior to testing.
5. Eat something light approximately 30 minutes to one hour prior to testing.
6. Do not drink ANY alcoholic beverages the day of testing.
7. If you have been ill, please notify our staff and we will reschedule you if necessary.
8. Please notify the employer if you anticipate any accommodation to perform the physical requirements of this test. A physician's release may be required for testing if you are (or have recently been) under a physician's care for any condition, or if you have had a recent injury or surgery.
9. The test may take up to two hours. If you have small children, you will need to make arrangements for their care, as they are not allowed to be present during the test. Please plan your schedule accordingly.



Directions:

From I- 25 North or South:

1. Take the Harmony Rd. / CO-68 W exit-EXIT 265.
2. Go west onto E. Harmony Rd
3. Turn right into the Harmony Campus

From Hwy 287 / College Avenue North or South;

1. Turn east onto Harmony Rd. and travel approx. 2.4 miles.
2. Turn right on Snow Mesa Dr.
3. Turn right into the Harmony Campus