

CHESTER TREADMILL WALK TEST

Under 10 minutes;
restricted from ops
duty with further
development

10-12 minutes requires
further testing and
development to reach
12 minutes

TIME (Minutes)	SPEED	GRADIENT (%)	PREDICTED VO ₂
0-2	6.2 kmh or 3.9 mph	0	14 After 2 minutes
2-4	"	3	19 " 4 "
4-6	"	6	25 " 6 "
6-8	"	9	31 " 8 "
8-10	"	12	36 " 10 "
10-12	"	15	42 " 12 "

Complete the 12-
minute test; **FIT**
FOR DUTY

- Ensure the person being tested has a 2-minute warm-up to familiarise themselves with the treadmill and to reduce the risk of injury.
- Stop the machine to allow them to stretch the calf, hamstrings and quadriceps muscles after the warm-up.
- Reset the machine and start the test.
- Subject walks at 6.2kmh or 3.9mph at 0% for 2 minutes.
- Speed remains the same but every 2 minutes thereafter, increase gradient by 3%.
- Test is completed after 12 minutes at 15% gradient.
- They are **NOT** allowed to run during the test or hold onto the machine at any time.
- **The test must be stopped if they are showing overt signs of distress and exhaustion**
- **After they have finished the test reduce the gradient to 0 % and spend 2 minutes gradually reducing the speed so that their heart rate has sufficient time to return to normal. DO NOT STOP THE TEST IMMEDIATELY.**

SAFETY ADVICE

- **Ensure they have had their blood pressure checked and they have completed a PAR-Q questionnaire first.**
- **Do not do the test if their BP is equal to or over 160 systolic and/or equal to or over 100 diastolic or they show any contraindications on their PAR-Q.**
- Advise them to walk middle to front of the machine to prevent getting too close to the back.
- Always ensure there is sufficient room at the back of the machine to prevent injury if they fall off the back.
- Before operating the treadmill, remove anything from around the edges of the machine which could fall on to the belt.
- **If they experience chest pain, dizziness, shortness of breath or any other sensation that is unfamiliar to them when they do exercise, especially when they wouldn't expect to feel exhausted in the early stages of the test, gradually slow the machine down and stop the test. DO NOT LET THEM PUSH THROUGH IT.**
- **If they experience unfamiliar SEVERE pain and stiffness in their joints or muscles, gradually slow the machine down and stop the test. DO NOT LET THEM TRY TO PUSH THROUGH IT.**