



UNITED STATES POSTAL INSPECTION SERVICE

LIABILITY WAIVER

I _____, an applicant for the _____ position (physically vigorous federal law enforcement position) with the U.S. Postal Inspection Service, declare that I can complete the U.S. Postal Inspection Service's Applicant Physical Assessment (APA) without harm to myself. I understand that the APA comprises 1-minute timed push-ups, 1-minute timed sit-ups, and a 1.5 mile treadmill run. I also understand that the components of the APA will be administered according to protocols described on the reverse of this page.

By participating in the components of the APA as described on the reverse, I hereby assume all risks associated thereto and voluntarily waive any and all claims against the U.S. Postal Inspection Service, the test administration facilities, and any and all employees or contractors thereof, in both their official and individual capacities, arising from any and all injuries or damages whatsoever that I may sustain during my participation in the APA.

Signature _____ Date _____

Name _____

Witness Signature _____ Date _____

Witness Name _____ Office _____

Sit-ups

Applicants will be assessed on the number of sit-ups performed in 1 minute. Begin the sit-up by lying flat on your back, knees bent at approximately a 90-degree angle, heels in contact with the ground while a partner holds your ankles, and hands at either side of your head. Raise your upper body (head and torso) forward to a vertical position, your elbows must touch your knees. After reaching the vertical position, lower your upper body to the ground until your shoulder blades touch the ground. This is one repetition.

Push-ups

Applicants will be assessed on the number of push-ups performed in 1 minute.

Position #1. Begin the push-up in a front-leaning, rest position with hands placed just outside the straight line down from your shoulders. Your back, buttocks, and legs must be straight from head to heels. Look straight ahead.

Position #2. Bend your elbows and lower your body until the center of your chest (sternum) touches the tester's 3-inch foam block, which is positioned between your chest and the ground.

Return to the start position by locking your elbows. This is one repetition. You may only stop to rest in the upright, push-up position.

1.5-mile treadmill run

The run is conducted on a manual treadmill. No watches, sunglasses, head-phones, iPods, or MP3 players are permitted. The stopwatch starts on the "Ready, go" command.

Final times are called out and recorded. You are responsible for remembering your final time and confirming it. Upon completion of the run, participants must walk a 5-minute cool-down and should not stop suddenly or bend over.