**CRT- Cost Reduction Technologies**

**CONSENT FOR YOUR ISOKINETIC PREHIRE EVALUATION**

**1880 Radford Road—Dubuque, IA 52002 Tel: 563-583-3828 Fax: 563-583-3835**

Isokinetic equipment can safely determine the physical capability of an individual. It is being used as part of a program to match the physical capability of the worker to the physical demands of the job and to help reduce and prevent injuries in the workplace.

It is different from other evaluation methods in that there are no weights that you will be asked to lift. Unlike a weight or a dumb-bell, isokinetic equipment measures the maximum force produced by your muscles at different speeds. The machine will not resist you until you match the preselected speed. You must push and pull as hard and fast as you can throughout the entire motion on every repetition. If you feel pain at any point during the evaluation, you may reduce your effort and the machine will automatically reduce its resistance.

You will be asked to perform certain movements using shoulder, knee and/or low back muscles.

For your safety, it is your responsibility to notify the tester, if you feel that you are unable to safely perform the above testing exercises. In the event that you are pregnant please consult with your physician before performing the above mentioned CRT physical capability test.

I have read the above information and I understand that I will be asked to give maximum, all-out efforts and

that I will be performing short bouts of strenuous exercise.

Client Name (Please Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have observed the above noted person, reading and signing this release.

Signature of Tester: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_