

Auditorium Technician

Physical Demands Level: **HEAVY**

This position requires the successful applicant to be able to routinely perform a number of heavy physical tasks which the Anchorage School District needs to know can be performed by the applicant safely. The applicant must be able to perform the following tasks while demonstrating safe body mechanics.

Job Specific Task I – Simulates pulling rigging to raise and lower light pipe and acoustical shell

Equipment Used: Cybex lat pull-down machine (6.5 lb.), leather strap

Description of Task Simulation 1:

- A) Stand and pull down hand over hand
- B) Pull on strap (one or two hands) to pull from overhead to waist

Repetitions: 4

Job Specific Task II – Simulates climbing up to a catwalk to change a light bulb

Equipment Used: Vertical ladder

Description of Task Simulation 2:

- A) Candidate will climb up and down 3 rungs of vertical ladder Repeat 8 times, break for 30 sec. repeat another 8 times
- B) Candidate will then crawl 20' on hands and knees

Repetitions: 1

Job Specific Task III – Simulates stacking counterweights for a 700 pound rigging light pipe

Equipment Used: Lifting station, 35 lbs. counter weight

Description of Task Simulation 3:

- A. Candidate will lift 35 lbs. counterweight from floor to 30" shelf (simulates stacking weights onto cart for transport)
- B. Candidate will then lift the 35 lbs. weight from the 30" shelf to the 34" shelf and return back to the 30" shelf
- C. Candidate will lift from weight from the 30" shelf to the 55" shelf and return back to the 30" shelf
- D. Candidate will lift from the 30" shelf to the 78" inch shelf at full reach and return back to 30" shelf
- E. Candidate will return weight from the 30" shelf to the floor

Repetitions: 5

Job Specific Task IV – Simulates lifting band risers out of a band riser cart

Equipment Used: Sled loaded with 75 lbs

Description of Task Simulation 4:

- A) Candidate will lift corner of loaded sled by grabbing a vertical and horizontal support.
- B) Without setting down, candidate will lift corner 2", then pull 6" and push 6" before returning to the floor

Repetitions: 13

Job Specific Task V – Simulates carrying monitor speakers

Equipment Used: Tubular handled 60 pound vertical box with 12 pounds added (72 lbs. load), 6" box

Description of Task Simulation 5:

- A) Candidate will pick up tubular handed box from 6" box with one hand and carry 15ft, turn around and return to start position

Repetitions: 1

Job Specific Task VI – Simulates assembling stage props

Equipment Used: DeWalt battery operated hand drill

Description of Task Simulation 6:

- A) Candidate will hold 7 lb. hand drill in a squatted, kneeling, half kneeling or seated position for 2 minutes while simulating drilling. Candidate can hold drill against a perpendicular surface.
- B) Candidate will hold 7 lb. hand drill in an upright standing position with drill at shoulder height for 1 minute while simulating drilling.
- C) Candidate will hold 7 lb. hand drill while standing on a ladder with hand drill in overhead position simulating a drilling motion. Sustained for 15 seconds, step down the ladder, shift ladder 2 ft. climb ladder. **Repeat 5 times.**

Repetitions: 1