

Glass

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 carrying 56 lbs 3’x8’ single pane glass and transport to truck

Equipment Used: 4’x8’x3/4” sheet of plywood, 30” high table

Description of Task Simulation 1:

- A) Candidate will pick up and carry plywood a distance of 20 feet forward and 20 feet back to start area.
- B) Candidate will place plywood on 30” high table.

Repetitions: 1

Job Specific Task II – Simulates carrying step ladder to site and climbing stepladder while holding and installing glass

Equipment Used: 8’ stepladder, 16”x5/8”x8’ piece of plywood (21 lbs.)

Description of Task Simulation 2:

- A. Candidate will lift 21 lb. ladder over shoulder and carry 6 feet from start area to finish area.
- B. Candidate will return to start area and pick up and carry plywood horizontally back to ladder.
- C. Candidate will climb up step ladder 3 rungs while carrying plywood horizontally at shoulder height.
- D. Candidate will set plywood on top of a 78” high shelf which is 2 feet away from ladder.
- E. Candidate will then lift the plywood up, walk back down the ladder, and return to the start area.

Repetitions: 3

Job Specific Task III – Simulates drilling holes in wall from floor to overhead using ladders as needed

Equipment Used: DeWalt battery operated hand drill, ladder

Description of Task Simulation 3:

- A. Candidate will hold 7 pound drill in a squatted, kneeling, or half-kneeling position for 2 minutes while simulating drilling. (Candidate can hold drill against a perpendicular surface.)
- B. Candidate will then hold 7 pound drill in an upright standing position with drill at shoulder height for 2 minutes while simulating drilling.
- C. Candidate will hold 7 pound hand drill and climb ladder, raise drill to overhead position and simulate a drilling motion for 15 seconds, lower drill and climb down ladder, shift ladder 2 feet. Repeat this step 10 times.

Repetitions: 1

Job Specific Task IV– Simulates using caulking guns to seal glass

Equipment Used: Lido Workset

Description of Task Simulation 4: Candidate will squeeze grip tool set to 60 lbs. torque

Repetitions: 20