Material Control Unit

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 walking within warehouse to access supplies

Equipment Used: Treadmill, staircase

Description of Task Simulation 1:

A. Candidate will walk on a treadmill at zero (0) degree incline for 15 minutes without stopping
B. Candidate will climb up and down a 12 step staircase. Repeat 4 times without stopping.

Repetitions: 1

Job Specific Task II – Simulates pushing fully loaded cart of metal chairs

Equipment Used: Sled loaded with 95 lbs.

Description of Task Simulation 2: Candidate will push loaded sled 5 feet and pull loaded sled back to start position

Repetitions: 5

Job Specific Task III – Simulates loading pallet of ceiling tile (75 lbs. /box) from pallet to truck bed

Equipment Used: Fish box (27"x14"x8" loaded with 75 lbs. weight

Description of Task Simulation 3:

A. Candidate will lift weighted box from pallet 16" above floor to 26" table.
B. Candidate will lift weighted box from 26" table and place on 16" high pallet

Repetitions: 10

Job Specific Task IV – Simulates lifting boxes of paper files to 58" high shelf

Equipment Used: NIOSH box loaded with 50 lbs., lift station

Description of Task Simulation 4: Candidate will not use handles or hand holds of box to perform this task

A. Candidate will sit lift 50 lb. NIOSH box from floor to 58" high shelf of lift station
B. Candidate will return NIOSH box to the floor

Repetitions: 5

Job Specific Task V – Simulates retrieving items from floor to overhead shelves in storage area

Equipment Used: Plastic bin with 27 pieces metal couplings, lift station (58" & 74" shelf heights), 8' step ladder

Description of Task Simulation 4:

A. Candidate will sustain kneeling, ½ kneeling, or squatting position to place 27 metal couplings from the floor into plastic bin on floor one piece at a time (total weight 16 lbs.)
B. Candidate will pick up 8' step ladder, walk 15 feet, open ladder and place ladder next to lifting station.
C. Candidate will return to plastic bin, pick up bin and bring it to the lifting station and place the bin on the 58" shelf
D. Candidate will then climb the ladder 3 rungs and place the individual coupling pieces, one at a time, on the 74" shelf
E. Candidate will then place the 27 pieces from the 74" shelf into the bin on the 58" shelf, one at a time
F. Candidate will climb down the ladder, take the bin off the 58" shelf and return it to the starting area
G. Candidate will walk back to the ladder, fold it, and return it to the starting area.

Repetitions: 2