

# Mechanical/Welding

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 sheet metal**

**Equipment Used:** 4'x8' sheet of thin particle board (35 lbs.)

**Description of Task Simulation 1:**

- A) Candidate will pick up the sheet of particle board with both hands from the starting position.
- B) Candidate will carry the sheet of drywall 5 feet forward and 5 feet back and set the sheet down

**Repetitions: 1**

## **Job Specific Task II – Simulates cutting 20 gauge sheet metal with hand held tin snips**

**Equipment Used:** Scrap 20 gauge metal sheets, tin snips

**Description of Task Simulation 2:** Candidate will make six 6" strips 1 inch apart following vertical lines using only the tin snips and one hand

**Repetitions: 1**

## **Job Specific Task III – Simulates bending 24 gauge metal sheet**

**Equipment Used:** Lido Workset, 60 lbs. force

**Description of Task Simulation 3:**

- A. Candidate will move lever arm from 56" height to 36" height using a combination of pushing on top of lever and pulling on the bottom of the lever with 25-30 lbs. force initially (weight will increase by 15-20 lbs. until ...)
- B. Candidate will repeat step A with increased weight of 15-20 lbs. each time until they move the lever with 60 lbs. weight

**Repetitions: 1**

## **Job Specific Task IV – Simulates transporting JLG Single Man-lift for overhead lighting work**

**Equipment Used:** Push loaded sled (200 lbs.), Pull loaded sled (160 lbs.), 53 lb. NIOSH box

**Description of Task Simulation 4:**

- A) Candidate will push sled 4 feet up to weights.
- B) Candidate will place 200 lbs. into push sled and push sled 4 feet to pull sled.
- C) Candidate will place 160 lbs. into pull sled and pull sled 4 feet.
- D) Candidate will lift and lower 53 lbs. NIOSH box from floor to knuckle level and back to floor 2 times.

**Repetitions: 1**

## **Job Specific Task V – Simulates using assorted grinders and welders from floor to overhead height**

**Equipment Used:** 12 lbs. dumbbell (simulate handheld grinder, 6' step ladder

**Description of Task Simulation 5**

- A. Candidate will hold dumbbell in a squatted, kneeling, or half-kneeling position for 2 minutes at floor level simulating grinding.
- B. Candidate will then hold dumbbell in an upright standing position with dumbbell at shoulder height for 2 minutes while simulating grinding.
- C. Candidate will carry ladder 20'.
- D. Candidate will climb step ladder 2 rungs and raise dumbbell to overhead position and simulate a grinding motion for 15 seconds, lower dumbbell, climb down ladder and shift ladder 2 feet. Repeat this step 5 times.
- E. Candidate will carry step ladder 20' back to starting point.

**Repetitions: 1**

## **Job Specific Task VI – Simulates moving iron beam**

**Equipment Used:** NIOSH box with 84 lbs., Lifting station

**Description of Task Simulation 6**

- A) Candidate picks up NIOSH box with 84 lbs. from floor level to waist
- B) Candidate will carry box 10 feet and set on lowest shelf of lifting station (28").

**Repetitions: 1**

**Job Specific Task VII – Simulates using hand metal bender**

**Equipment Used:** Hand-held metal bender, 24 gauge sheet metal

**Description of Task Simulation 7:** Candidate will use 8” bending tool to bend 24 gauge scrap metal 180 degrees.

**Repetitions: 1**