

# Warehouse Worker

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 in warehouse and schools during deliveries**

**Equipment Used:** Treadmill

**Description of Task Simulation 4:** Candidate will walk on a treadmill at a speed of at least 3.0 mph for 15 minutes without needing to stop

**Repetitions: 1**

## **Job Specific Task II – Simulates pushing and pulling loaded carts of band risers**

**Equipment Used:** Loaded sled requiring 50 lbs force.

**Description of Task Simulation 2:** Candidate will push sled 20feet forward and pull sled 20 feet back to starting position

**Repetitions: 4**

## **Job Specific Task III – Simulates breaking down a pallet of 50 lb. boxes of clay**

**Equipment Used:** 50 lbs. NIOSH box (14"x10"x10") with lid

**Description of Task Simulation 3:**

- A) Candidate will lift NIOSH box without using hand-holds from floor to 28.5" shelf
- B) Candidate will lift 50 lb. NIOSH box from 28.5" shelf to 46.5" shelf
- C) Candidate will lift 50 lb NIOSH box from 46.5" shelf to 58" shelf
- D) Candidate will lower 50 lb. NIOSH box from 58" shelf to floor

**Repetitions: 10**

## **Job Specific Task IV – Simulates lifting 242 lb. gymnastic balance beam, as part of a 3 man lift, from floor to dolly**

**Equipment Used:** NIOSH box with handles loaded to 81 lbs.

**Description of Task Simulation 4:**

- A) Candidate will lift 81 lb. NIOSH box from 31" shelf up four inches and back up carrying box
- B) Candidate will step forward and lower NIOSH box onto 31" shelf.

**Repetitions: 1**

## **Job Specific Task V – Simulates lifting 104 lbs. smartboard to top of stack as part of a 2 man lift**

**Equipment Used:** 2 fish boxes, one loaded with 52 lbs. and one empty

**Description of Task Simulation 5:** Starting position: 52 lb. box on 4" box; empty fish box is set on top of 74" high shelf

- A. Candidate will lift 52 lb. box from 4" height and put it on top of empty fish box (total height 84")
- B. Candidate will lower 52 lb. box from on top of empty fish box to the floor

Candidate can use the second box to aid in putting the 52 lb. box onto stack (sliding motion is appropriate)

**Repetitions: 1**

## **Job Specific Task VI – Simulates loading purchases from vendors to step van and delivering to schools**

**Equipment Used:** 2 Fish boxes (27"x14"x8") weighted to 75 lbs., hand truck, lifting station

**Description of Task Simulation 6**

- A) Candidate will lift two 75 lb. fish boxes from floor to hand truck; one at a time
- B) Candidate will walk hand truck 250 feet
- C) Candidate will lift one box off hand truck and place it on 27" shelf
- D) Candidate will lift second box off hand truck and place it on top of first box
- E) Candidate will move both boxes (one at a time) from shelf back to hand truck
- F) Candidate will push hand truck 250 feet back to starting point.

**Repetitions: 2**