

# AV Craft Technician

Physical Demands Level: MEDIUM

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 replacing a single server in AV rack

**Equipment Used:** Lifting station, 24.5x12.5x3” Tile box (33 lbs.), cart

**Description of Task Simulation 1:** Candidate will lift box from bottom shelf of cart to top shelf of lifting station (78”)

**Repetitions: 1**

## Job Specific Task II – Simulates pulling fiber optic cable through conduit

**Equipment Used:** Unweighted treadmill overhead pulley system with 18 gauge x37” wire attachment, 55 lbs. 8’ stepladder, 1.5 lbs. resistance (14 lbs. force)

**Description of Task Simulation 2:**

- A) Candidate will carry 55 lb. Little Giant ladder over shoulder 20’ and place next to weight assisted Cybex pull-up machine
- B) Facing in **same** direction as treadmill, candidate will pull the 18 gauge x37” wire overhead pulling hand over hand in the same perpendicular plane as the candidate’s head and shoulders, pulling the wire away from the pulley system, and abducting arms to the right for finish position before returning to starting position. Continue to repeat for one minute.
- C) Candidate will step down from ladder and rotate the ladder perpendicular to treadmills.
- D) Candidate will climb up the ladder
- E) Using overhead hand over hand technique, the candidate will pull the wire overhead and return to starting position. Repeat for one minute.
- F) Candidate will step down from ladder and rotate the ladder to opposite position of Step B.
- G) Candidate will climb up the ladder
- H) Facing in **opposite** direction as treadmill, candidate will pull the 18 gauge x37” wire overhead pulling hand over hand in the same perpendicular plane as the candidate’s head and shoulders, pulling the wire away from the pulley system, and abducting arms to the right for finish position before returning to starting position. Continue to repeat for one minute.
- I) Candidate will step down from ladder and carry 20’ back to starting position.

**Repetitions: 1**

## 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 pulling 3 APC battery backups on pallet using pallet jack (43 lbs. force)

**Equipment Used:** Sled loaded with 95 lbs.

**Description of Task Simulation 4:** Candidate will pull sled with 95 lbs. loaded a total distance of 10 feet.

**Repetitions: 1**

## Job Specific Task V – Simulates replacing Network Port.

**Equipment Used:** Network port, blue cable, network port cutting tool.

**Description of Task Simulation 5:**

- A) Candidate will color match blue, blue/white, orange, orange/white, brown, brown/white, green, green/white, wires to network port
- B) Candidate will pull wires in place over the color matched ports.
- C) Candidate will push down the wires locking them in the color matched port.

Technician will demonstrate the connection of one set of colored wires. After demonstrating, the technician will pull out wires so that the candidate can complete the task self-paced.

**Repetitions: 1** (Capable: matching colors correctly and having sufficient dexterity to lock wires in place)