

IT Tech Support

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 loading and unloading Lexmark T650n in cart

Equipment Used: HP Laser Jet 3380 (35 lbs w/11 pounds added)

Description of Task Simulation 1:

- A) Candidate will lift printer from floor to top of cart
- B) Candidate will return printer from top of cart back to floor.

Repetitions: 1

Job Specific Task II – Simulates replacing light bulb in overhead projector

Equipment Used: 8 foot step-ladder, Valpar 4 ROM test, lift station

Description of Task Simulation 2:

- A) Candidate will lift the step ladder and carry it one lap around the gym (approx. 250 feet).
- B) Candidate will unfold step ladder, set in front of lift station, climb 2-3 rungs of ladder.
- C) Candidate will perform bolting and unbolting activities in the ROM test for 1 minute
- D) Candidate will return to floor.

Repetitions: 1

Job Specific Task III – Simulates plugging and unplugging computers and electronic equipment on ground and wall plugs

Equipment Used: None

Description of Task Simulation 3: Candidate is capable if they can assume lowered positions and transition to standing without help

- A. Candidate will demonstrate a squatting, kneeling, or half-kneeling position and transition to a four-point (hands and knees) position
- B. Candidate will crawl 2 feet forward and 2 feet backwards.

Repetitions: 1

Job Specific Task IV – Simulates walking between classrooms to perform IT activities in large schools

Equipment Used: Treadmill

Description of Task Simulation 4: Candidate will walk on a treadmill at a speed of at least 1.8 mph for ¼ mile without needing to stop

Repetitions: 1