

# Warehouse Courier

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 carrying mail bags from vehicle to school mailroom**

**Equipment Used:** Mailbag, 2 25 lb. weights

### **Description of Task Simulation 1:**

- A) Candidate will pick up empty mail bag hanging from rack
- B) Candidate will place 2 25 lb. weights into bag
- C) Candidate will place loaded bag over shoulder using shoulder straps
- D) Candidate will walk, carrying bag, 750 feet
- E) Candidate will remove sack from shoulder and set it on 42” high table
- F) Candidate will remove 2 wt lb. weights from bag
- G) Candidate will hang empty bag on rack

**Repetitions: 10 minutes without stopping**