

Bus Driver

Physical Demands Level: MEDIUM

Anchorage School District understands that an ergonomic job analysis must be completed in order to meet the requirements for the American with Disabilities Act (ADA). One of the outcomes of the ergonomic job analysis is the determination of one or more job specific tests listed below that will either qualify or disqualify the post-offer or post-employment (fit for duty) candidates for the position.

Job Specific Task I – Simulates walking up to 200 yards to the driver’s bus and then back to yard building

Equipment Used: Treadmill

Description of Task Simulation 1: Sustained walking for .20 miles

Repetitions: 1

Job Specific Task II – Simulates pretrip inspection and chaining up tires

Equipment Used: None

Description of Task Simulation 2:

- A) Candidate will maintain any of the following positions for 30 seconds: (Pre-trip Inspection) Kneelin, half-kneeling, squatting or four point position. Then Stand up, walk 6 feet, repeat position for 30 seconds. Then stand up, walk 40 feet, and repeat position(s). Stand up , walk 6 feet and repeat position(s).
- B) (Chain up tires) Candidate will assume side lying weight bearing right side 30 seconds with left arm overhead. Then assume side lying weight bearing left side 30 seconds with right arm overhead.:

Repetitions: 1

Job Specific Task III – Simulates assisting students to exit bus in emergency

Equipment Used: Stairwell, adjustable powered mat table (rear of clinic), blue plastic step box, 50# sack.

Description of Task Simulation 3:

- A) Candidate will walk to stairwell and lower themselves to a sitting position at the landing of the stairwell without feet touching the steps immediately below the landing. (Candidate can use the railing or wall to accomplish this task which simulates the bus driver sitting off the edge of the emergency exit of the bus prior to dropping to the ground).
- B) Technician will place blue plastic step on adjustable powered mat table (mat table in rear of clinic), stand behind candidate and hold blue plastic step while candidate sits on it. Technician will raise the table so that the top of the blue plastic step is at a height of 40.5”. Once the table is in position and stopped, the technician will continue holding the blue plastic step and instruct the candidate to slide off the plastic step and land firmly on the floor with both feet (the technician will remain behind the candidate for the duration of this task to allow for the candidate to slide off the step completely).
- C) Candidate will pick up 50 lbs. sack off 40.5” table and place onto lower stool (technician will replace the 50# sack back onto the table). Repeat this step 5 times. (Simulates lowering children from bus exit to the ground during emergency.)

Repetitions: 1

Job Specific Task IV – Simulates pushing out rear emergency window of bus

Equipment Used: 16” low rise plinth and loaded sled with 50 lbs. (31 lbs. force)

Description of Task Simulation 4:

- A) Candidate will climb onto 16” plinth.
- B) Candidate will assume four-point stance and transition into three-point position.
- C) Candidate will, using 31lbs. force, push sled loaded with 50# away from plinth with one hand/arm.

Repetitions: 1

Job Specific Task VI – Simulates dragging non-ambulatory students to emergency exits of bus in an emergency

Equipment Used: Sled with 100 lbs. loaded

Description of Task Simulation 6: Candidate will pull sled loaded with 100 lbs. 30 feet.

Repetitions: 1

DYNAMIC LIFTING CRITERIA:

- Push – 31 lbs.
- Pull – 50 lbs.
- Knuckle to Shoulder: 50 lbs.
- Shoulder to Overhead: 50 lbs