

Vehicle Mechanic

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 carrying starter up and down stairs to storage area

Equipment Used: 50 lbs. barbell with 15 lbs. added weight, stairwell (15 steps)

Description of Task Simulation 1:

- A) Candidate will carry barbell up 15 steps
- B) Candidate will carry barbell down 15 steps

Repetitions: 1

Job Specific Task II – Simulates bringing replacement tire into shop from outside rack

Equipment Used: Sled with 230 lbs. (87 lbs. push/pull force)

Description of Task Simulation 2:

- A) Candidate will push sled 1 foot
- B) Candidate will pull sled 1 foot

Repetitions: 1

Job Specific Task III – Simulates carrying leaf spring in 2 man lift

Equipment Used: Tubular box loaded to 72 lbs. total weight

Description of Task Simulation 3:

- A) Candidate will pick up tubular box from the floor and carry 25 feet
- B) Candidate will turn around and place on 30" shelf.

Repetitions: 1

Job Specific Task IV – Simulates changing bus tire

Equipment Used: Milwaukee Hammer Drill with one bit (25 lbs. total weight)

Description of Task Simulation 4:

- A. Candidate will kneel, squat, sit on a low stool, or stand while bent over while holding hammer drill (simulating ratchet gun)
- B. Candidate will position drill at 10 different points (from 12 o'clock to 11 o'clock) and hold each position for 3 seconds

Candidate may change body position as needed

Repetitions: 4

Job Specific Task V – Simulates performing demo using a sledge hammer

Equipment Used: 6 lb. sledge hammer, black plastic board.

Description of Task Simulation 5: Candidate will swing and strike hammering mat 20 times with sledge hammer.

Repetitions: 1

Job Specific Task VI – Simulates loosening bolts

Equipment Used: Lido Workset, 100 lbs. force

Description of Task Simulation 4:

- A. Candidate will move handle with 40 lbs. force for demonstration
- B. Candidate will move handle at 40, 60, 80 and 100 lbs. force

Repetitions: 1