

Automation Fire Alarm Specialist

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 ladders as heavy as “Little Giant” stepladder

Equipment Used: 8 foot stepladder with additional 20 pounds attached; Total weight: 45 pounds

Description of Task Simulation 1: Carry 45 pound stepladder 80 feet

Repetitions: 1

Job Specific Task II – 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 2:

- 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 III – Simulates crawling under duct works

Equipment Used: Floor mat

Description of Task Simulation 3: Candidate will crawl on floor mat 20 feet while prone on their elbows.

Repetitions: 1

Job Specific Task IV – Simulates accessing building hatchways to replace 2 Power Sonic batteries

Equipment Used: Vertical ladder, 40 pounds total weight including backpack

Description of Task Simulation 4:

- A) Candidate will place 40 lbs. backpack over shoulder
- B) Climb up and down three rungs of the ladder 4 times
- C) While descending on last rep, while standing on bottom rung, the candidate will then lower backpack from shoulder to waist height.

Repetitions: 1

Job Specific Task V – Simulates transporting AWP Single Man Lift between sites.

Simulated Task Detail: A) Remove battery from truck (2 person lift of 90 lbs. battery); B) Lift man-lift to pivot over bumper requiring 87 lbs. of force from squat lift; C) Push man-lift into step van requiring a total of 157 lbs. force; D) Pull man-lift out of truck requiring (one man) 70 lbs. force; E) Replace battery pack on lift at knuckle height.

Equipment Used: Push loaded sled (227#), pull loaded sled (185#), 45# NIOSH box.

Description of Task Simulation 5:

- A) Candidate will load 185 lbs. onto sled
- B) Candidate will pull sled 4 feet.
- C) Candidate will place 227 lbs. into sled and push 4 feet.
- D) Candidate will lift 45# NIOSH box from floor to knuckle height
- E) Candidate will lower 45# NIOSH box from knuckle height to floor.

Repetitions: 1