

Automation/Building Control Specialist

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 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 spooling and unspooling 100 feet of 18-24 gauge wire

Equipment Used: Full spool of 18-24 gauge wire, overhead dowel, securing device for spool

Description of Task Simulation 2:

- A) Candidate will unspool 100 feet of 18-24 gauge wire at their own pace while standing on floor and with arms in overhead position
- B) Candidate will then re-spool the 100 feet of 18-24 gauge wire

Repetitions: 1

Job Specific Task III – 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 3:

- 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 IV – Simulates crawling under duct works

Equipment Used: Floor mat

Description of Task Simulation 4: Candidate will crawl on floor mat 20 feet while prone on their elbows.

Repetitions: 1

Job Specific Task V – Simulates accessing building hatchways

Equipment Used: Vertical ladder, 20 pound dumbbell

Description of Task Simulation 5:

- A) Candidate will climb up and down three rungs of the ladder 4 times with one hand grasping a 20 pound dumbbell
- B) Candidate will lift dumbbell overhead at full reach distance while standing on bottom rung of ladder and maintaining three points of contact on the ladder.

Repetitions: 1