

# Carpentry Worker

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 sheetrock**

**Equipment Used:** 4'x8' sheet of 5/8" drywall (70 lbs.)

**Description of Task Simulation 1:**

- A) Candidate will pick up the sheet of drywall with both hands from the starting position.
- B) Candidate will carry the sheet of drywall 20 feet and put the drywall down.
- C) Candidate will pick up the sheetrock up with both hands and carry it back to starting position and put it down

**Repetitions: 5**

## **Job Specific Task II – Simulates lifting 14' wood cabinet from floor to 51" stacking height**

**Equipment Used:** NIOSH style box, no handles, with total weight of 83 pounds.

**Description of Task Simulation 2:**

- A) Candidate will lift box from floor to a shelf height of 51".
- B) Candidate will return box from shelf height of 51" to the floor.

**Repetitions: 4**

## **Job Specific Task III – Simulates drilling holes in wall from floor to overhead using ladders as needed**

**Equipment Used:** Milwaukee Hammer Drill with bit (25 lbs.), 8' step ladder with 15 lbs. added

**Description of Task Simulation 3:**

- A. Candidate will carry ladder 20'.
- B. Candidate will hold drill in a squatted, kneeling, or half-kneeling position for 2 minutes at floor level simulating drilling motion by pushing drill against a perpendicular wall.
- C. Candidate will then hold drill in an upright standing position with drill at shoulder height for 2 minutes while simulating drilling.
- D. Candidate will carry 45 lbs. ladder 20 feet, climb step ladder 2 rungs and raise drill to overhead position and simulate a drilling motion for 15 seconds, lower drill and climb down ladder. Repeat this step 10 times.

**Repetitions: 2**

## **Job Specific Task IV – Simulates performing demo using a sledge hammer**

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

**Description of Task Simulation 4:** Candidate will swing and strike hammering mat 20 times with sledge hammer.

**Repetitions: 1**

## **Job Specific Task V – Simulates carrying tools and equipment to job site**

**Equipment Used:** 60 lbs. NIOSH box with curved handle with 15 lbs. added

**Description of Task Simulation 5:**

- A) Candidate picks up NIOSH box with single hand from floor level.
- B) Candidate carries box 20 feet from start area.
- C) Candidate turns around and brings box back without stopping.

**Repetitions: 1**