

# Painter

**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 lifting cabinet to be sanded**

**Equipment Used:** 30" shelf, NIOSH box without handles loaded with 83 lbs.

### **Description of Task Simulation 1:**

- A) Candidate will lift 83 lbs. NIOSH style box from floor onto 30" shelf.
- B) Candidate will lift NIOSH box off shelf and set it back onto the floor.

**Repetitions: 1**

## **Job Specific Task II – Simulates lifting and carrying ladders**

**Equipment Used:** 8' step ladder with 15 lbs. added (simulates 36 lb. 24' extension ladder)

### **Description of Task Simulation 2:**

- A) Candidate will lift 8' step ladder and place over shoulder
- B) Candidate will carry ladder and walk approximately 250 feet
- C) Candidate will return ladder to starting point.

**Repetitions: 1**

## **Job Specific Task III – Simulates stacking 5 gallon paint cans for storage & removing paint from storage**

**Equipment Used:** 3 empty 5 gallon buckets, 1 5 gallon bucket loaded with 67 lbs.

### **Description of Task Simulation 3:**

- A. Candidate will lift 67 lb. paint bucket with handles onto the top of an empty 5 gal. bucket
- B. Candidate will lift weighted bucket from the top of the single bucket up to the top of the stack of 2 buckets.
- C. Candidate will then lower the weighted bucket from the top of the tall stack to ontop of the single bucket.
- D. Candidate will lower the weighted bucket from the single bucket to the floor.

**Repetitions: 5**

## **Job Specific Task IV – Simulates painting**

**Equipment Used:** 5 gallon bucket loaded with 55 lbs. weight, leaning ladder, dry paint brush and roller with extension with 2 lb weight attached to simulate being loaded with paint

### **Description of Task Simulation 4:**

- A) Candidate will pick up 55 lbs. paint bucket in one hand and paint brush/roller in opposite hand.
- B) Candidate will carry those items 58 feet and set them down
- C) Candidate will simulate cutting in edges of an 8'x7' wall followed by simulating painting the remaining portion of the wall from floor level to overhead for 10 minutes.
- D) Candidate will then pick up the bucket and take the bucket, brush and roller back to the starting point and put the bucket down.
- E) Candidate will climb a total of 4 rungs up the ladder and, upon reaching the 4<sup>th</sup> rung, will simulate painting with right hand in full range of motion within a full arms reach (to right and overhead) and then switch to left hand and perform as per his/her right hand ...
- F) The candidate will descend to the 3<sup>rd</sup> rung and perform the same actions as in step E.
- G) The candidate will descend to the 2<sup>nd</sup> rung and perform the same actions as in step E.
- H) The candidate will descend to the 1<sup>st</sup> rung and perform the same actions as in step E.
- I) Steps E through H will be repeated for a total of 10 repetitions

**Repetitions: 1**