

Roofer

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 performing demo using a sledge hammer

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

Description of Task Simulation 2: Candidate will swing and strike hammering mat 20 times with sledge hammer.

Repetitions: 1

Job Specific Task III – Simulates carrying 24' extension ladder to roof

Equipment Used: 6' step ladder with 25 lbs added.

Description of Task Simulation 3: Candidate will lift 45 lb ladder over shoulder and carry 20' turn and, without setting down ladder, return to start area.

Repetitions: 1

Job Specific Task IV – Simulates fastening roofing materials to roof from kneeling position

Equipment Used: 16"X20" blue foam block, claw hammer, foam knee pads

Description of Task Simulation 4:

- A. Candidate will kneel or ½ kneel while swinging claw hammer 4 times
- B. Candidate will move foam block over by flipping one full block width and repeat task A moving laterally.

Repetitions: 20

Job Specific Task V – Simulates carrying roofing to top of roof

Equipment Used: 88 lbs. Polyflex roofing material, leaning ladder

Description of Task Simulation 5:

- A) Candidate picks up roofing material from floor and place over shoulder
- B) Candidate will climb up and down 4 rungs of ladder
- C) Candidate will put roofing material down on floor.

Repetitions: 5

Job Specific Task VI – Simulates transporting AWP Single Man-lift for overhead lighting work

Equipment Used: Push loaded sled (200 lbs.), Pull loaded sled (160 lbs.), 53 lb. NIOSH box

Description of Task Simulation 6:

- A) Candidate will push sled up to weights.
- B) Candidate will place 200 lbs. into push sled and push sled 4 feet to pull sled.
- C) Candidate will place 160 lbs. into pull sled and pull sled 4 feet.
- D) Candidate will lift and lower 53 lbs. NIOSH box from floor to knuckle level and back to floor 2 times.

Repetitions: 1