

Electronics

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 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 1:

- 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

Job Specific Task II – 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 2:

- 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 III – Simulates unspooling 18 gauge wire above suspended ceiling

Equipment Used: Un-weighted treadmill overhead pulley system with 18 gauge x 37" wire attachment, 55 lbs. Little Giant ladder

Description of Task Simulation 3:

- A) Candidate will carry 55 lb. Little Giant ladder over shoulder 20 feet and place next to weight assisted Cybex pull-up machine and in same direction as treadmill.
- B) Facing in same direction as treadmill, candidate will climb up the ladder and then pull the 18 gauge x 37" wire overhead pulling hand in the same perpendicular plane as the candidate's head and shoulders, pulling the wire away from the pulley system, and abducting arms to the right for finish position before returning to starting position. Repeat for one full minute.
- C) Candidate will step down from ladder and rotate the ladder perpendicular to treadmills and climb ladder
- D) Using overhead hand over hand technique, the candidate will pull the wire overhead and return to starting position and repeat for one minute.
- E) Candidate will step down from ladder and rotate the ladder to opposite of Step B and climb ladder.
- F) Facing opposite direction as treadmill, candidate will pull the 18 gauge x 37" wire overhead pulling hand in the same perpendicular plane as the candidate's head and shoulders, pulling the wire away from the pulley system, and abducting arms to the left for finish position before returning to starting position. Repeat for one full minute.
- G) Candidate will step down from the ladder and carry it 20 feet back to starting position.

Repetitions: 1