

Grounds

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 closing chain using S-hook chain closer tool

Equipment Used: Chain closing pliers, S-hook and chain

Description of Task Simulation 1:

- A) Candidate will hang chain from metal cage area so that bottom link is at 57" above the floor.
- B) Candidate will then use S-hook chain closing tool to close S-hook completely so that a dime will not fit through the closed hook
- C) Candidate will then open the S-hook back to starting position

Technique used by candidate is the candidate's personal choice

Repetitions: 1

Job Specific Task II – Simulates lifting bags & boxes of Quikcrete, Rockite concrete patch, fieldliner, etc.

Equipment Used: 50 lb. sack

Description of Task Simulation 2:

- A. Candidate will pick up 50 lb. sack at floor level.
- B. Candidate will walk to lifting station 5 feet away while going around an obstacle placed 2 feet from start point.
- C. Candidate will place sack on shelf.
- D. Candidate will pick sack up off of shelf and return to the starting position while again avoiding the obstacle and set the sack on the floor.

Candidate may set own pace

Repetitions: 10

Job Specific Task III – Simulates pushing field liner in field liner dispenser (simulates starting weight of 100 lbs)

Equipment Used: Sled loaded with 100 lbs.

Description of Task Simulation 3: Candidate will push loaded sled 50 feet, make a U-turn, and push the sled 50 feet back to the starting position.

Repetitions: 5

Job Specific Task IV– Simulates lifting tongue of cement mixer onto truck hitch

Equipment Used: 68 pound NIOSH box

Description of Task Simulation 4: Candidate will lift NIOSH box loaded with 68 lbs from floor to knuckle height

Repetitions: 1

Job Specific Task V – Simulates lifting 40 lbs. fence panel of flatbed truck from truck bed to ground level

Equipment Used: Flatbed truck rail section

Description of Task Simulation 5:

- A. Candidate will lift flatbed truck side rail to 40 inch height on shelf
- B. Candidate will lower side rail and carry 15 feet.
- C. Candidate will carry side rail to start area and place it back on shelf

Repetitions: 4

Job Specific Task VI – Simulates closing truck hood following pretrip inspection

Equipment Used: Lido workset set to simulate truck hood mechanics/weight

Description of Task Simulation 6: Candidate will raise Lido head up to 51 inches.

Repetitions: 1

Job Specific Task VII – Simulates climbing into various heavy machinery such as end dumps, loaders, etc.

Equipment Used: Cybex pull up machine, 11"x42" grey padded bench

Description of Task Simulation 7:

- A. Candidate will walk to rear of Cybex pull-up machine
- B. Candidate will step up 24" onto 4 set screw plate with both feet using hand support as necessary to step up.
- C. Candidate will side step with Left foot onto 2" wide grey side support (38" off of ground) followed by the right foot
- D. Candidate will then step down to grey padded bench which is directly along side of Cybex machine with left foot followed by right foot.

E. Candidate will then side step up with left foot onto 2 foot step at the front of Cybex machine followed by right foot

F. Candidate will step down from the 2 foot step to the floor

Candidate can use all available hand holds as necessary for ALL steps.

Repetitions: 1

Job Specific Task VII – Simulate shoveling cement mix into cement mixer

Equipment Used: Snow shovel, beans at bean station

Description of Task Simulation 7: Candidate will shovel beans at a steady self-paced rate for 55 repetitions.

Repetitions: 1