

# Heat and Vent

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 tilting boiler plate to remove wooden substructure/shims (140 lbs. push force)**

**Equipment Used:** Cybex abdominal machine 8 ½ plates

**Description of Task Simulation 1:** Candidate will push abdominal pad 2” from 50” height against 140 lbs. resistance

**Repetitions: 1**

## **Job Specific Task II – Simulates sliding boiler plate section in work area (105 lbs. push force)**

**Equipment Used:** Sled loaded with 290 pounds

**Description of Task Simulation 2:** Candidate will sled 4 feet

**Repetitions: 1**

## **Job Specific Task III – Simulates working in crawl space**

**Equipment Used:** Valpar 4 ROM box set 27” from the floor, two 4’x8’ floor mats

**Description of Task Simulation 3:** At no point during this task can the candidate stand. Standing during this task will result in a NOT capable.

- A. Candidate will duck walk in circular fashion around floor mats 5 times
- B. Candidate will crawl on hands and knees around floor mats 5 times
- C. With Valpar 4 box on candidate’s right side, and supporting themselves in a three-point position, the candidate will reach over with left hand and screw and unscrew bolts on all 5 sides for 15 seconds per side
- D. Candidate will crawl forward, turn around and crawl back so the Valpar box is on their left side
- E. With Valpar 4 box on candidate’s left side, and supporting themselves in a three-point position, the candidate will reach over with right hand and screw and unscrew bolts on all 5 sides for 15 seconds per side
- F. Upon completing both tasks, the candidate will crawl on hands and knees around floor mats 5 times
- G. Candidate will duck walk in circular fashion around floor mats 5 times

**Repetitions: 1**

## **Job Specific Task IV – Simulates carrying 20’x4” pipe on worksite over shoulder with a partner**

**Equipment Used:** 78”x1.25” diameter pipe (14 lbs.), 2 each 15 lb. soft weights, 2 each 5 lb. soft weights

**Description of Task Simulation 4:**

- A. Candidate will pick up weighted pipe and place on shoulder (a towel will be placed on the candidate’s shoulder for padding)
- B. Candidate will walk one lap (~250 feet)

**Repetitions: 1**

## **Job Specific Task V– Simulates tightening and loosening pipe fittings with large pipe wrench**

**Equipment Used:** Lido Workset, 110 lbs. force

**Description of Task Simulation 5:**

- A. Candidate will move handle with 25-30 lbs. force for demonstration (weight will increase by 15-20 lbs. until ...)
- B. Candidate will move handle at 18”, 36”, and 46” from floor level until candidate has shown that they can exert 110 lbs. force (move 60 lbs. weight) in each position

**Repetitions: 1**

## **Job Specific Task VI – 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 6:**

- 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: 1**