

# Student Nutrition Electrician

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 bringing wrapping material to conveyor belt area**

**Equipment Used:** 30 lbs. dumbbell, lifting station

**Description of Task Simulation 1:**

- A) Candidate will pick up 30 lbs. dumbbell from shoulder height and place over shoulder
- B) Candidate will walk with dumbbell over shoulder a distance of 100 feet.
- C) Candidate will place dumbbell back onto shelf.

**Repetitions: 1**

## **Job Specific Task II – Simulates repairing electric motors from floor to overhead**

**Equipment Used:** DeWalt battery operated hand drill, step ladder

**Description of Task Simulation 2:**

- A. Candidate will hold 7 lb. 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.
- B. Candidate will then hold drill in an upright standing position with drill at shoulder height for 2 minutes while simulating drilling.
- C. Candidate will 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 and move it 2 feet. Repeat this step 10 times.

**Repetitions: 1**

## **Job Specific Task III – Simulates carrying electric motor to desk for repair**

**Equipment Used:** NIOSH box weighted to 50 lbs., lifting station

**Description of Task Simulation 3:** Candidate will lift box off floor, carry it 100 feet and place it on 30" high shelf.

**Repetitions: 1**

## **Job Specific Task IV – Simulates lifting 200+ lbs. compressor for servicing (3-man lift)**

**Equipment Used:** NIOSH box weighted to 68lbs., lifting station

**Description of Task Simulation 4:** Candidate will lift box off floor to knuckle height and return it to floor.

**Repetitions: 1**

## **Job Specific Task V – Simulates carrying ladder**

**Equipment Used:** Little Giant Ladder (54 lbs.)

**Description of Task Simulation 5:** Candidate will carry Little Giant ladder 30 feet.

**Repetitions: 1**

## **Job Specific Task VI – Simulates replacing pump on mixer**

**Equipment Used:** Horizontal tube box with 48 lbs., bolt box

**Description of Task Simulation 6:**

- A) Candidate will lift horizontal tube box with 48 lbs. onto bolt box
- B) Candidate will, while sustaining a squatting position, reach into bolt box and remove nuts for 1½ minutes
- C) Candidate will place horizontal tub box back onto floor

**Repetitions: 1**