

# Student Nutrition Refrigeration Specialist

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 extending man-lift horizontally**

**Equipment Used:** Sled loaded with 43 lbs. (90 lbs. total weight).

**Description of Task Simulation 1:**

- A. Candidate will push sled 3 feet
- B. Candidate will pull sled 3 feet

**Repetitions: 1**

## **Job Specific Task II – Simulates recharging 70 lbs. refrigerant bottles**

**Equipment Used:** Box with tubular handles 19"x12.5"x60 lbs. with 10 lbs. added

**Description of Task Simulation 2:**

- A. Candidate will lift tubular handled box from floor to waist height shelf
- B. Candidate will lower tubular handled box from shelf to floor

**Repetitions: 1**

## **Job Specific Task III – Simulates using assorted drills to drill from floor to overhead**

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

**Description of Task Simulation 3:**

- 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 IV – Simulates repair and replacing small compressor motors**

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

**Description of Task Simulation 4:**

- 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 3 minutes
- C) Candidate will place horizontal tub box back onto floor
- D) Candidate will lift box overhead (simulates placing compressor motor on top of refrigerator)

**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 bringing wrapping material to conveyor belt area**

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

**Description of Task Simulation 6:**

- 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 VII – Simulates lifting 200+ lbs. compressor for servicing (3-man lift)**

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

**Description of Task Simulation 7:** Candidate will lift box off floor to knuckle height and return it to floor.

**Repetitions: 1**