

Student Nutrition Plumber

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 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 (total of 54 lbs.)

Description of Task Simulation 2:

- 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 III – Simulates replacing pump on mixer

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

Description of Task Simulation 3:

- 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

Job Specific Task IV – Simulates repairing compressors from floor to overhead

Equipment Used: DeWalt battery operated hand drill, step ladder

Description of Task Simulation 4:

- 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 V – Simulates bringing wrapping material to conveyor belt area

Equipment Used: 30 lbs. dumbbell, lifting station

Description of Task Simulation 5:

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

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

Description of Task Simulation 6: Candidate will lift box off floor to knuckle height and return it to floor.

Repetitions: 1

Job Specific Task VII – Simulates carrying ladder

Equipment Used: Little Giant Ladder (54 lbs.)

Description of Task Simulation 7: Candidate will carry Little Giant ladder 30 feet.

Repetitions: 1