

Student Nutrition Delivery Truck Driver

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 walking in warehouse and schools during deliveries

Equipment Used: Treadmill

Description of Task Simulation 4: Candidate will walk on a treadmill at a speed of at least 3.5 mph for 10 minutes without needing to stop

Repetitions: 1

Job Specific Task II – Simulates pulling down door of delivery truck after loading truck

Equipment Used: Cybex lat pull-down machine with 5.5 plates, leather handle

Description of Task Simulation 2:

- A) Candidate will sit on seat of Cybex lat pull-down machine
- B) Candidate will reach up and grab leather handle with both hands
- C) Candidate will pull handle down to their chest and return to the starting position

Repetitions: 1

Job Specific Task III – Simulates pushing loaded hand truck with supplies from truck to kitchen or receiving area

Equipment Used: Hand truck loaded with 258 lbs.

Description of Task Simulation 3:

- A) Candidate will tilt loaded hand truck into starting position (Technician may support load if appropriate)
- B) Candidate will push loaded hand truck 1 lap (250 feet).
- C) Candidate will return to starting area.

Repetitions: 3

Job Specific Task IV – Simulates stacking 10 boxes of French fries in school freezer from hand truck

Equipment Used: 10 french fries boxes weighted to 40 lbs., hand truck

Description of Task Simulation 4:

- A. Candidate will load 10 boxes onto hand truck
- B. Candidate will walk loaded hand truck 1 lap (250 feet).
- C. Candidate will stop at wall and unload/stack boxes against the wall

Repetitions: 5

Job Specific Task V – Simulates pushing heavy carts of cake up ramp into delivery truck

Equipment Used: Flight attendant cart loaded with 200 lbs., ramp

Description of Task Simulation 5

- A) Candidate will start with cart on the floor facing the ramp.
- B) Candidate will use second foot to lift front wheels onto ramp.
- C) Candidate will push the cart up the ramp 1 foot.
- D) Candidate will lower cart back to starting position at base of ramp (The technician may assist with returning to start position)

Repetitions: 1