



Pre-Test Requirement:

Cardiovascular Step Test:

You will be asked to participate in a three-minute step-test where you will be asked to step on and off an 8-inch step, alternating between left and right feet, to measure your baseline cardiovascular fitness.

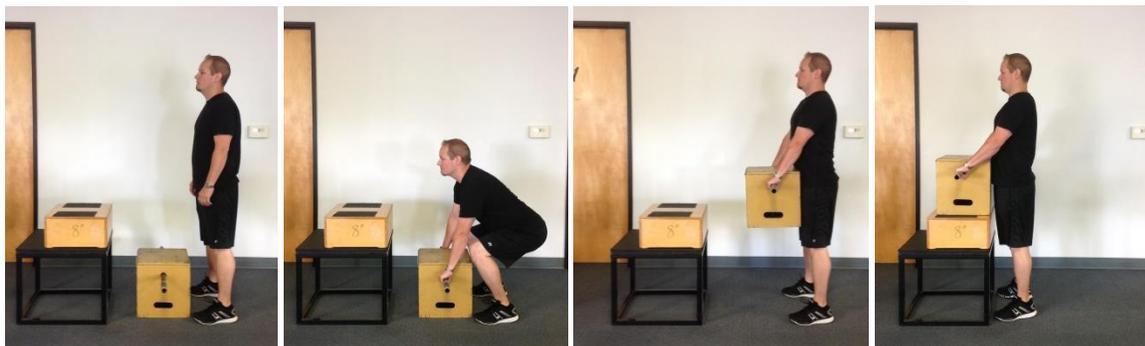
Tips to prepare:

Walking, running or biking for 20-to-30 minutes increments

Job Specific Testing

Floor Lift – Lifting jackhammer/pavement breaker on/off the truck

You will demonstrate the ability to lift a 90lb jackhammer/pavement breaker from the floor, utilizing a 27 inch wide handle NIOSH box, to a 24 inch high platform. You will then be provided a short rest period, and then return the box to the floor. You will perform this task 2 times with rest in between reps if needed.





Tips to prepare:

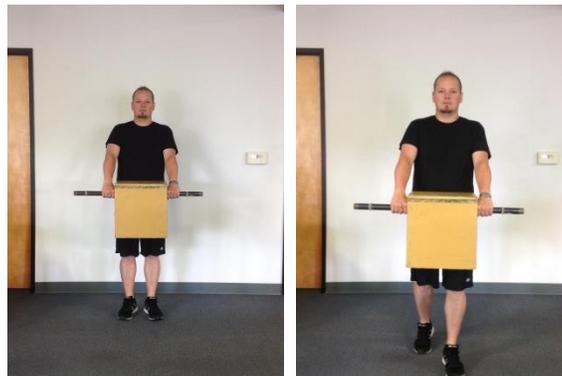
This lift primarily requires good strength in your legs, stomach, back and arms.

The following exercises will help strengthen the muscle groups used in the simulation:

- *Squats, lunges and leg presses to increase leg strength*
 - *Plank exercises to build strength in the stomach, back and arms*
 - *Arm curls and arm raises to build strength in the arms*
 - *Hand grip exercises to increase control of the box.*
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Lift and Carry of a jackhammer/pavement breaker

You will demonstrate the ability to lift a 90lb jackhammer/pavement breaker from the floor utilizing 27 inch wide handle NIOSH box, carry it 49.75 feet, then set it on the floor. You will perform this task 2 times.



Tips to prepare:

This task requires significant shoulder and grip strength, as well as stomach, back and leg strength.

The following exercises will help strengthen the muscle groups used in the simulation:

- *Squats, lunges and leg presses to increase leg strength*
 - *Shoulder exercises while using an incline bench to increase shoulder strength*
 - *Arm exercises while using a pulley/cable system that allows you to lean back safely*
 - *Elbow curls and arm raises with weights to build arm strength*
 - *Ankle stretching exercises*
 - *Curl-ups or sit-ups to build stomach strength*
 - *Hand and wrist strengthening exercises*
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Ladder Climbing

You will demonstrate the ability to ascend 5-rungs on a ladder without stopping (once at the top you can pause/rest). You will then descend 5-rungs on a ladder without stopping (once at the bottom you can pause/rest). You will perform this ascending / descending task 3 times.



Tips to prepare:

This task requires static balance capability, stomach, back, leg strength, and endurance. Some exercises that will help strengthen the muscle groups used in this simulation include:

- ***Squats, lunges and leg presses to increase leg strength***
 - ***Ankle stretching exercises***
 - ***Curl-ups or sit-ups to build stomach strength***
 - ***Practice single-limb balance with each leg, increasing the time up to 30 second***
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