Preparation Guide:
Post-Offer Physical Assessment – Lineman Line of Progression

The Physical Assessment is designed to determine if your physical abilities match the physical requirements of the job. Please review this Guide carefully as it includes information about the Physical Assessment requirements as well as preparation guidelines.

Throughout the Physical Assessment, you will wear a heart rate monitor to make sure your heart rate stays within a safe range. It is recommended that you abstain from tobacco and caffeine-related products the day of the test as this will help you maintain a safe heart rate throughout the assessment. Regular exercise, such as walking, running or biking for 20 to 30 minutes a day in the weeks or months leading up to the test, will improve your general conditioning and your ability to complete the test successfully.

Five components of the Physical Assessment

1. Floor Lift
   This task assesses your ability to lift up to 112 lbs from the floor to a height of 24 inches. You must lift using appropriate lifting technique throughout the entire motion and control the load at all times.

   You will begin by lifting an empty box so that the evaluator can make sure you are following safe lifting procedures. The evaluator will provide instructions as needed. Weight will gradually be added to the box up to the target weight. After each lift, the evaluator will ask if you feel you can lift more weight and if you have any pain. Please be honest with the evaluator to help protect you from injury.

   Tips to prepare:
   This lift primarily requires good strength in your legs, stomach, back and arms.
   - 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.

   REMEMBER: You must lift using appropriate lifting technique throughout the entire motion and control the load at all times.
2. Overhead Lift
This task assesses your ability to lift a cross arm weighing up to 74 lbs from a rack mounted at about waist level to completely over your head while strapped to a pole. (Fig. 1 and Fig. 2) You must lift using appropriate lifting technique throughout the entire motion and control the load at all times.

REMEMBER: Please be honest with the evaluator to help protect you from injury.

The test begins with a lighter weight cross-arm and the weight is increased up to a 74 lb. cross-arm.

After each lift, the evaluator will ask you if you feel you can lift more weight and if you have any pain.

Tips to prepare:
This task requires significant shoulder and grip strength as well as stomach, back and leg strength.

- 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.
3. **Overhead Work with a Hot Stick:**

This task assesses your ability to use a hot stick, which is an insulated pole, usually made of fiberglass, used by electric utility workers when engaged on live-line work on energized high-voltage electric power lines.

During this task, you will be strapped to a pole and leaning to the side, holding the hot stick over your head. You will wear a hard hat throughout the task. You will be tested to see how well you can work with the hot stick in a controlled manner with your arms raised.

The evaluator will provide a brief explanation of the technique. Feel free to ask them any questions you may have.

You must touch the hot stick to the blue dots that are placed on the wall (Fig. 3 and 4). You must reach out with the hot stick and touch each tape mark for 10 seconds with a 15 second rest between reaches. You will continue reaching for 10 seconds followed by 15 seconds of rest for a total of 5 minutes.

You must not move or shift your feet or lean on the wall with the stick throughout the 5 minutes of the test. **REMEMBER:** You must not move or shift your feet or lean on the wall with the stick throughout the 5 minutes of the test. Tell the evaluator if you begin to feel short of breath, dizzy, or have chest pain during the task. If you feel too tired to complete the task or you experience pain and need to stop the task, please let the evaluator know.
Tips to prepare:
This task requires significant shoulder and upper back strength, a strong grip, as well as leg, stomach and back strength.
- Perform shoulder exercises while using a pulley/cable system that allows you to safely lean to each side alternately.
- Squats, lunges, and leg presses to increase leg strength.
- Ankle stretching exercises.
- Curl-ups or sit ups to build stomach strength.
- Elbow curls and arm raises with weights to build arm strength.
- Hand and wrist strengthening exercises.
- Gentle neck stretches from side to side and forward.

4. One Legged Balance:
This task assesses your ability to balance on one leg.

You will start the task standing on both feet with your arms down by your sides. When the evaluator says, “Go” you will raise your left leg and balance on your right leg for up to 30 seconds. You must hold your left leg out away from your right leg instead of bracing your legs together. At the end of 30 seconds, you will put your leg down and then repeat with the other leg. You may be asked to do up to three (3) balancing repetitions on each leg. You will be assessed on your ability to balance on one leg for up to 30 seconds without losing your balance, tipping your body, touching your foot to the floor or clamping your legs together.

Tips to prepare:
This task requires static balance capability, stomach, back and leg strength and endurance.
- 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 seconds.

REMEMBER: You must not lose your balance, tip your body, touch your foot to the floor or clamp your legs together during the entire 30 seconds of balancing.
5. Climbing:

*If you did not pass the balance test, you will not be tested on pole climbing.*

The climbing task will assess your ability to climb a pole designed like an electrical pole (Fig 5).

You will climb up the 1st and 2nd rungs of the pole and raise your lower leg to touch the 3rd rung with your toe. You will not step up and or put weight on the 3rd rung. Then you will climb back down to the floor. The test requires you climb up to touch the 3rd rung and back down 15 times.

**REMEMBER:** It is very important that you do not hurry or rush through this task!

Climb at your own natural pace. Hold on to the upper rungs as you climb, but try not to use your arms to pull yourself up unless you have to. It is very important that you do not hurry or rush through this task!

*Fig. 5*

**Tips to prepare:**
This task requires balance capability, stomach and back strength, shoulder strength and flexibility and adequate leg strength to lift your body weight.

- Squats, lunges, and leg presses to increase leg strength.
- Ankle stretching exercises.
- Curl-ups or sit ups to build stomach strength.
- Practice climbing on equipment such as a VersaClimber.