

Bridge and Building

Pronated Step Up



**No onsite pictures in manual

Employees are required to step up and down to access train cars. Applicants must demonstrate the ability to step up onto the step with both feet, alternating between leading with their left foot and leading with their right foot.

Grip - Position 3 (Either)



** No onsite pictures in manual

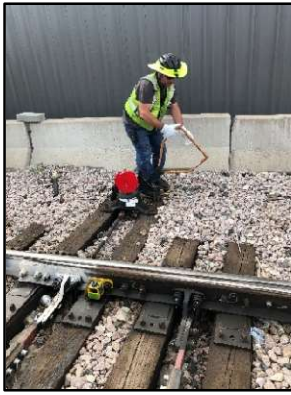
Employees are required to utilize weld ground clamps. Applicants must demonstrate the ability to perform these tasks by squeezing a grip device, commonly known as a grip strength test.

High Stand Pull



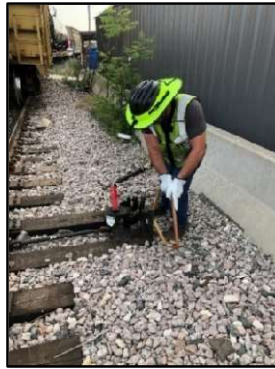
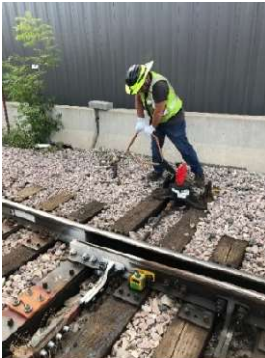
Employees are required to switch track junctions to redirect the direction of a train. This is done by pulling the track switch, or high stand switch. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling in a horizontal direction on the testing device.

Ergo Switch Pull



Applicants must be able to switch track junctions to redirect a train. This task is performed by pulling up on and rotating an ergo switch from the locked position. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling towards their bodies in an angled direction on the testing device.

Ergo Switch Push



Applicants must be able to switch track junctions to redirect a train. This task is performed by pushing an ergo switch into the locked position. Applicants must demonstrate the ability to apply sufficient force to the switch by pushing away from their bodies in an angled direction on the testing device.

Claw Bar Push (with Pulse)



Employees are required to use a claw bar to remove spikes. Applicants must demonstrate the ability to apply the force required to remove a spike. During the test, applicants will push down against a handle with both hands on the testing apparatus.

Tie Tong Lift



Employees are required to lift and place ties with tongs. Applicants must demonstrate the ability to apply the force required to accomplish this task. During this test, applicants will pull towards their bodies with both hands on the handles of the testing apparatus.

Tie Tong Drag



Employees are required to drag a tie to position it properly. Applicants must demonstrate the ability to apply the force required to accomplish this task. During this test, applicants will pull towards the body with both hands on the handles on the testing apparatus.

Dynamic Lift - Floor to Shoulder - Occ



A variety of objects are lifted, manipulated, and placed to perform mechanical tasks. Applicants must demonstrate the ability to lift and set a progressively loaded weight to shoulder height. During this test, applicants will lift a crate between a shelf and a platform.

FROM MTM Upper Reach - Occ (90)

** No onsite pictures in manual

Employees are required to reach overhead when performing essential functions of the job. They may be required to work with their hands overhead for extended periods of time, with the ability to change position as needed. Applicants must demonstrate their ability to work in this position safely. During this activity, applicants will be asked to move pegs from one panel to the next panel and back for a set number of repetitions.