Carman and MSO

Pronated Step Up


Employees are required to climb steps to access rail cars. Applicants must demonstrate that they can perform this task safely. During this test, applicants will step up onto a step with both feet.

Hose Coupling Grip


Employees are required to attach and detach the hose coupling on the train's air brake system. Applicants must demonstrate the ability to apply enough force to couple/uncouple the hose coupling by squeezing a grip device, commonly known as a grip strength test.

Pin Lift Pull

***Pictures in manual match current pictures on website

Pins are pulled from train cars to release the car and make a car or group of cars available in building a new train. Applicants must demonstrate the ability to apply enough upward force to pull the pin and release the car. During this test, applicants will pull against a handle on the testing apparatus.

Wheel Brake Pull


Setting the wheel brake on a train car prevents the movement of cars on the track. The ability to apply enough force to set a wheel brake must be demonstrated. During this test, applicants will pull a testing device towards the body to generate the required amount of force to perform this task.

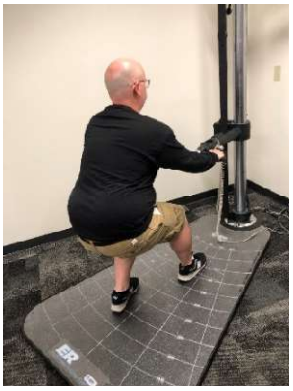
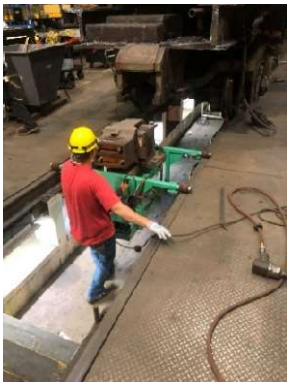
High Stand Pull


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.

Low Push

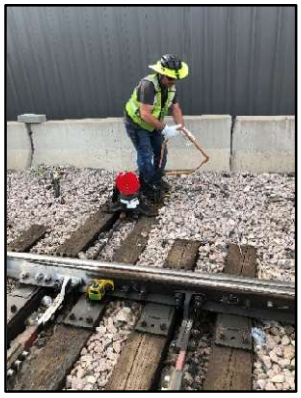

Employees are required to push carts and other mobile objects. During this test, applicants will push a testing device away from the body to demonstrate the ability to generate the force required to accomplish this task.

Low Pull

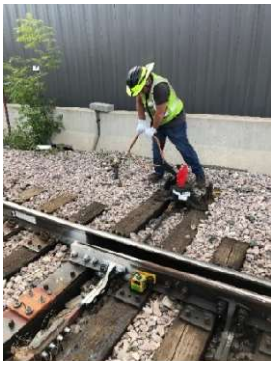
Employees are required to pull carts and other mobile objects. During this test, applicants will pull a testing device towards the body to demonstrate the ability to generate the force required to accomplish this task.

Ergo Switch Pull



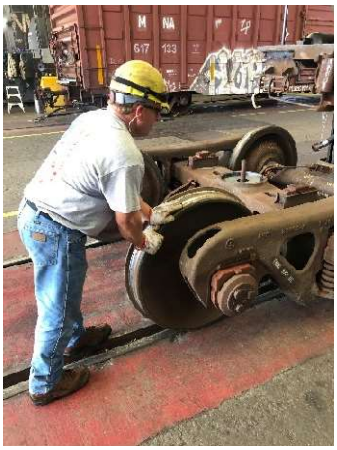

Applicants must be able to switch track junctions to redirect a train. This task is performed by pulling up on and rotating an ergo switch from the locked position. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling towards their bodies in an angled direction on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

Truck Push

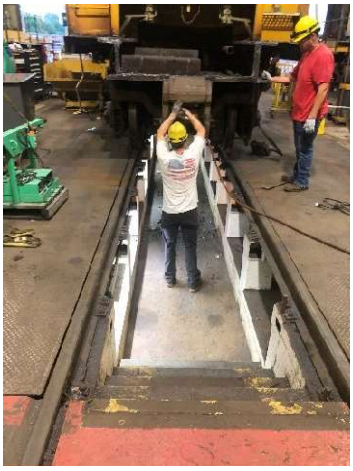


Employees are required to push trucks for placement. Applicants must demonstrate enough force to accomplish this task. During this test, applicants will push against a handle with both hands on the testing apparatus.

Dynamic Lift – Floor to 26”

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 a height of 36 inches above the ground. During this test, applicants will lift a crate between a shelf and a platform.

FROM Upper Reach



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.

FROM Kneel-Stand-Kneel

Employees are required to alternate between standing and kneeling postures when performing essential functions of the job. Employees often kneel for extended periods of time to accomplish various tasks. Applicants must demonstrate their ability to work in these positions safely. Applicants will move pegs from the bottom row of a panel through each row to the top row and then back to the bottom row for a set number of repetitions.