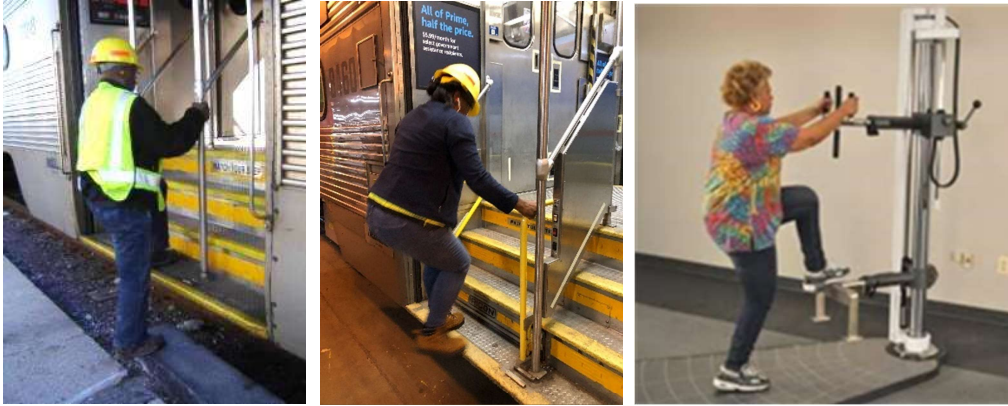


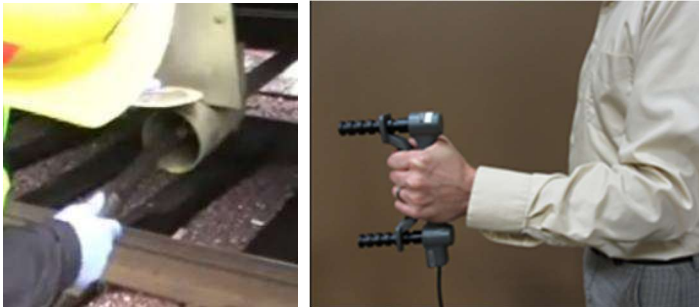
Coach Cleaner

Neutral Step Up



Employees are required to step up and down to access passenger train cars. Applicants must demonstrate the ability to do this task in a safe manner. Applicants must step up onto the step with both feet, alternating leading with their left foot and leading with their right foot.

Grip - Position 2 (Either)



Employees need to manipulate and secure hoses. Applicants must demonstrate the ability to generate the required force to accomplish this task. During this test, applicants will grip a testing device with each hand separately.

Hose Pull



Employees need to manipulate a water hose throughout the day. During this test, applicants will pull a testing device towards their bodies to demonstrate the ability to generate the force to accomplish this task.

Seat Pull



Employees are required to flip seats in the passenger train cars. Applicants must demonstrate the ability to generate enough force to accomplish this task. During the test, applicants will pull outward on a testing device handle with one hand.

Door Pull



Employees are required to open passenger train car rear doors. Applicants must demonstrate the ability to exert enough force to accomplish this task. During this test, applicants will pull outward on a testing device handle with one hand.

Dynamic Lift – Floor to 30”



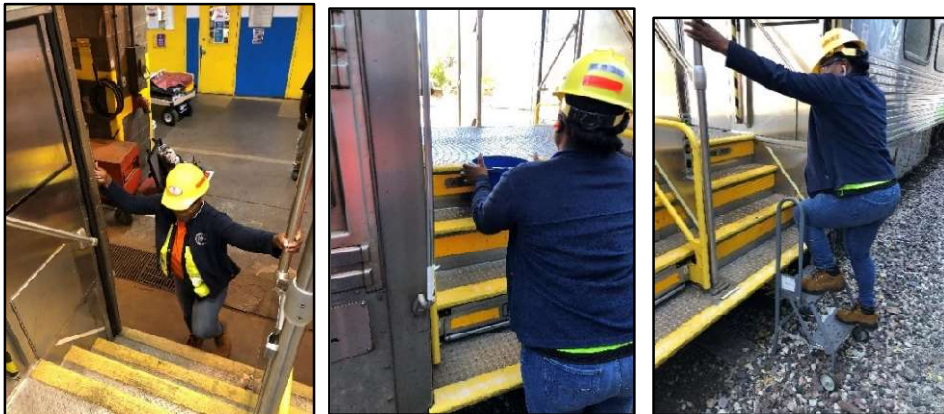
A variety of objects are lifted, manipulated, and placed to perform mechanical tasks. Applicants must demonstrate the ability to lift and set a progressively loaded weight to a height of 40 inches above the ground. During this test, applicants will lift a crate between a shelf and a platform.

Dynamic Carry



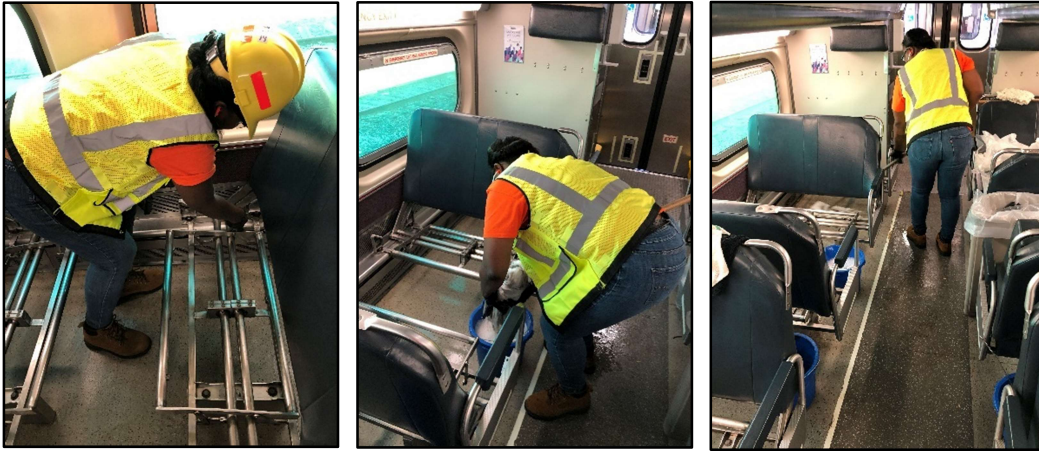
Employees are required to carry a variety of objects. Applicants must be able to carry heavy objects in a safe and efficient manner. During this test, applicants will lift and carry a crate. Applicants will lift the crate off a shelf and carry it 20 feet, turn around, and then return the crate to the shelf.

FROM MTM Upper Reach



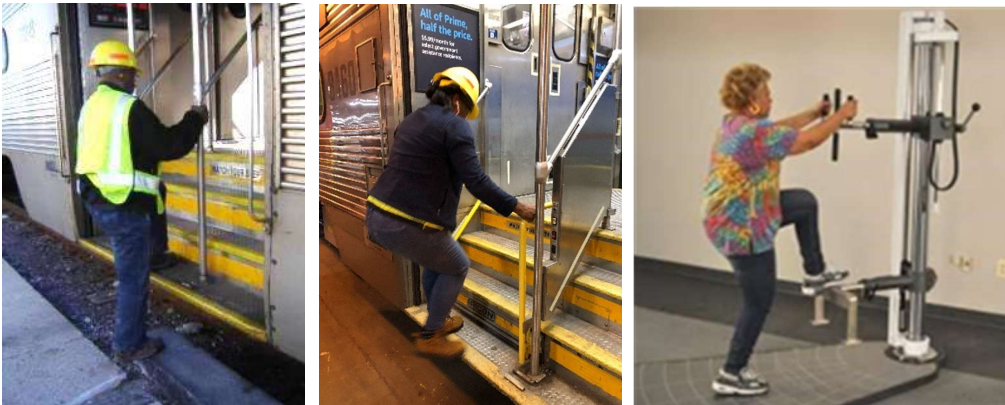
Employees are required to reach overhead when performing essential functions of the job. They may be required to work with their hands overhead for extended periods of time, with the ability to change position as needed. Applicants must demonstrate their ability to work in this position safely. During 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 MTM Stoop



Employees are required to stoop to perform essential functions of the job. Employees may be required to work in this position for extended periods of time. Applicants must demonstrate the 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.

Neutral Step Up



Employees are required to step up and down to access passenger train cars. Applicants must demonstrate the ability to do this task in a safe manner. Applicants must step up onto the step with both feet, alternating leading with their left foot and leading with their right foot.