

Diesel Mechanic

Pronated Step Up



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

Hand Grip - Position 3 (Either)



Employees need to manipulate weld ground clamps and other mechanical devices. 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.

Low Cart 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 Cart 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.

Unilateral Cut Lever Pull



Employees are required to pull the pin lifter on a locomotive. 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.

Lever Brake Pull



Applicants must be able to fully secure a lever style brake on a locomotive. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling towards the body in an angled direction on the testing device.

Upper Cart Push



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

Upper Cart 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.

Wheel Brake Pull



Setting the wheel brake on a locomotive prevents movement on a track. Applicants will demonstrate the ability to apply enough force to manually set a wheel brake. 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.

Dynamic Lift - Floor to Waist



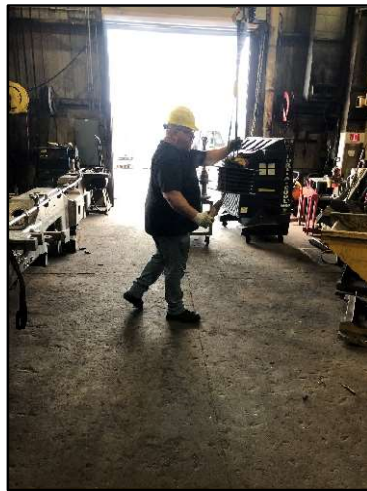
A variety of objects are lifted, manipulated, and placed to perform mechanical tasks. Applicants must demonstrate the ability to lift and set a progressively loaded weight to waist height. During this test, applicants will lift a crate between a shelf and a platform.

Dynamic Lift - Waist to Over Shoulder



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 over shoulder height. 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. Employees 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.