## MSO Locomotive

### 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 trains 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.

### 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.

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.

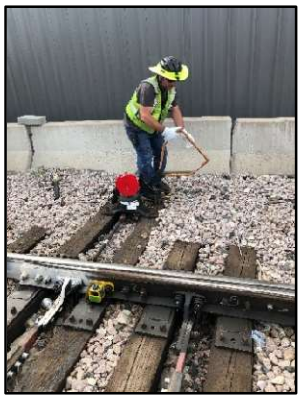
Lever Brake Pull


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.

Wheel Brake Pull

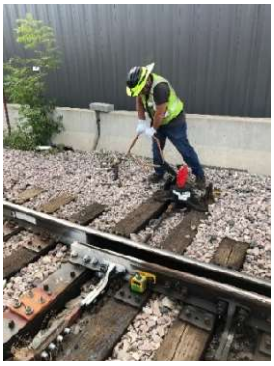
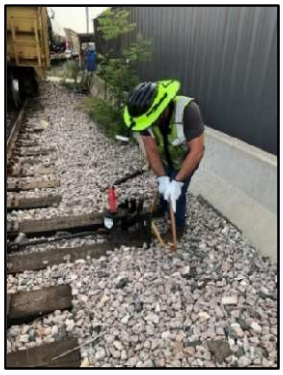
Setting the wheel brake on a locomotive prevents movement on a track. Applicants must demonstrate the ability to apply enough force to manually set a wheel. During this test, applicants will pull a testing device towards the body to generate the force required to accomplish this task.

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.

Dynamic Lift - Floor to 35"


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

Dynamic Lift - 35" to Shoulder

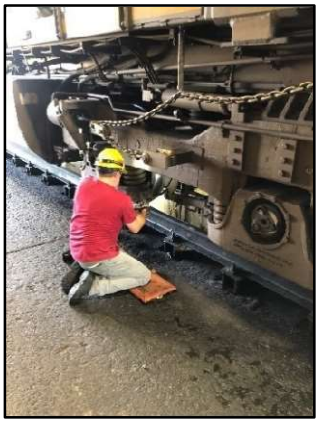
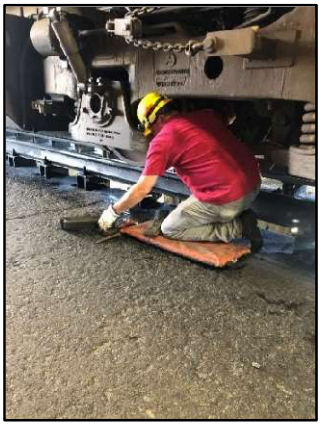

A variety of objects are lifted, manipulated, and placed to perform mechanical tasks. Applicants must demonstrate the ability to lift and set a progressively loaded weight to shoulder height. During this test, applicants will lift a crate between two platforms.

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.