

Sheet Metal Worker

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.

Unilateral Wrench Pull



Employees are required to pull a manual tool when performing wrenching. 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.

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.

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 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 a shelf and a platform.

Dynamic Carry



Throughout the day, employees 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 10 feet, turn around, and then return the crate to the shelf.

FROM Upper Reach

*** No job specific photos 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.

FROM Kneel-Stand-Kneel

*** No job specific photos in manual

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.