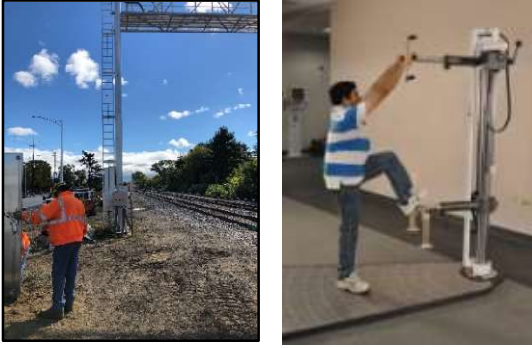


## Signal

### 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.

### Grip - Position 3 (Either)



Employees are required to grip and utilize manual cutters and crimpers. Applicants must demonstrate the ability to perform these tasks by squeezing a grip device, commonly known as a grip strength test.

### Cable Pull



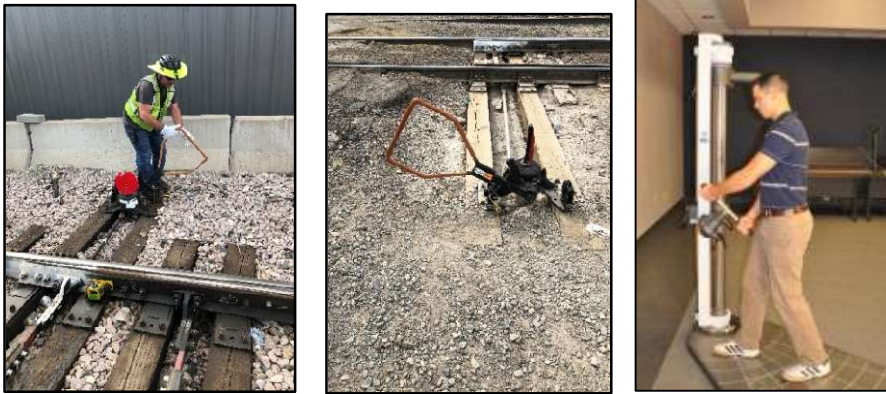
Employees are required to pull cable off of a reel. During this test, applicants will pull a testing device towards the body to demonstrate the ability to generate the force required to accomplish this task.

## High Stand Pull



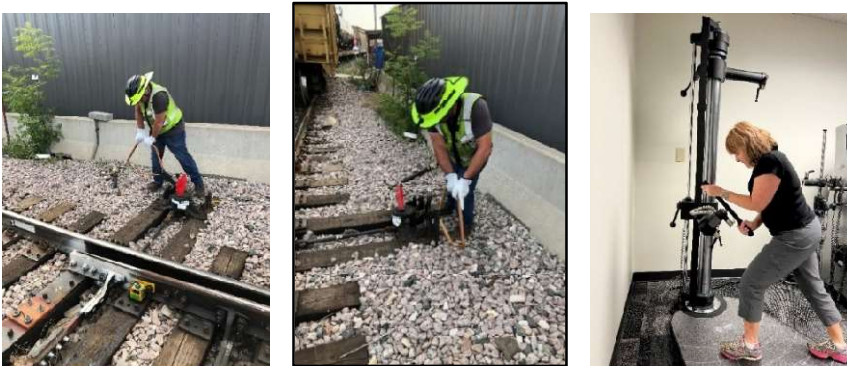
Employees are required to switch track junctions to redirect the direction of a train. This is done by pulling the track switch, or high stand switch. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling in a horizontal direction on the testing device.

## Ergo Switch Pull



Applicants must be able to switch track junctions to redirect a train. This task is performed by pulling up 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 40"



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 50 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 10 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 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.