

Track

Pronated Step Up



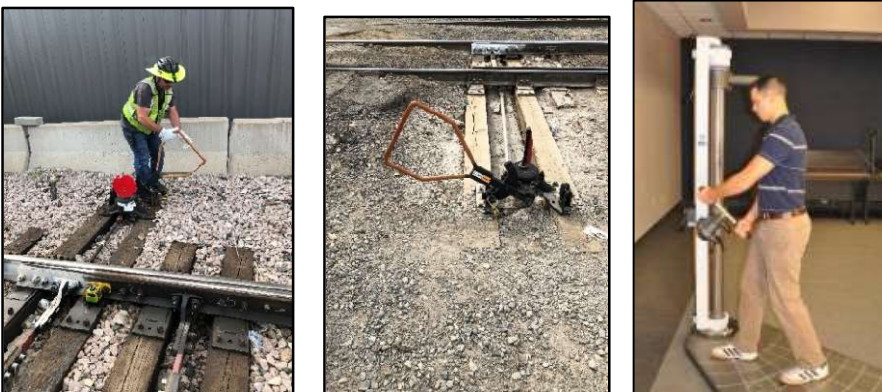
Employees are required to climb steps to access rail cars. Applicants must demonstrate that they can perform this task safely. During this test, applicants will step up onto a step with both feet.

High Stand Pull



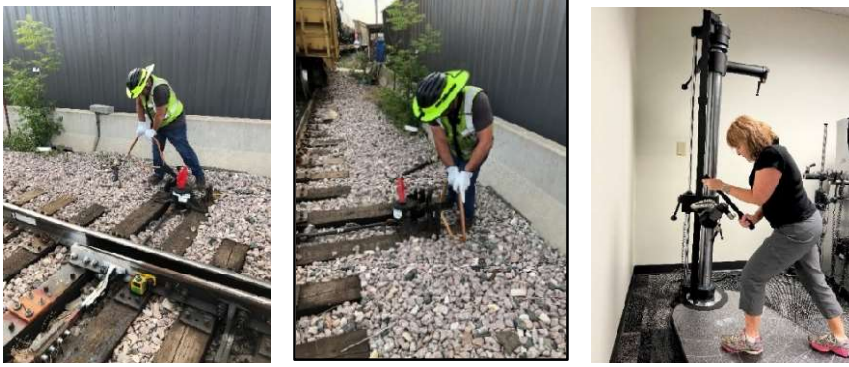
Employees are required to switch track junctions to redirect the direction of a train. This is done by pulling the track switch, or high stand switch. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling in a horizontal direction on the testing device.

Ergo Switch Pull



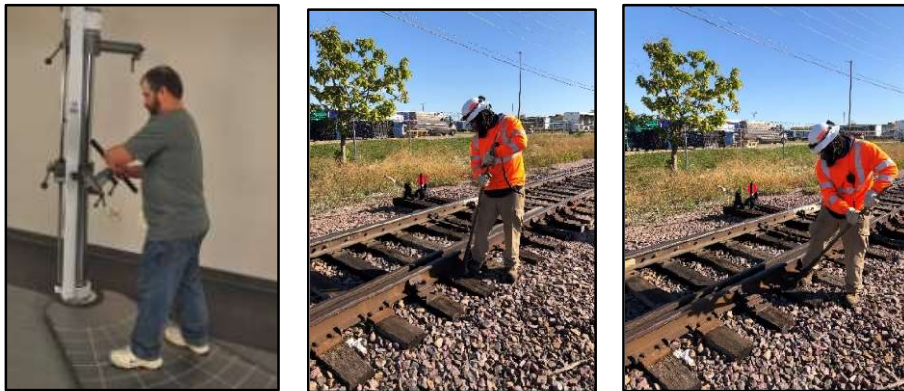
Applicants must be able to switch track junctions to redirect a train. This task is performed by pulling up on and rotating an ergo switch from the locked position. Applicants must demonstrate the ability to apply sufficient force to the switch by pulling towards their bodies in an angled direction on the testing device.

Ergo Switch Push



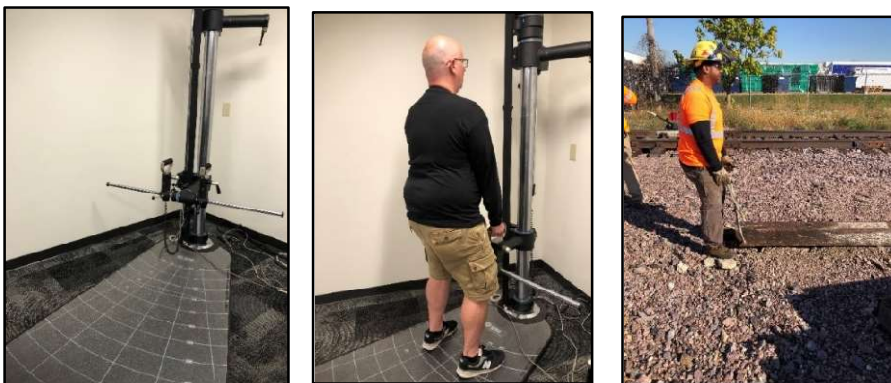
Applicants must be able to switch track junctions to redirect a train. This task is performed by pushing an ergo switch into the locked position. Applicants must demonstrate the ability to apply sufficient force to the switch by pushing away from their bodies in an angled direction on the testing device.

Claw Bar Push (with Pulse)



Employees are required to use a claw bar to remove spikes. Applicants must demonstrate the ability to apply the force required to remove a spike. During the test, applicants will push down against a handle with both hands on the testing apparatus.

Tie Tong Lift



Employees are required to lift and place ties with tongs. Applicants must demonstrate the ability to apply the force required to accomplish this task. During this test, applicants will pull towards their bodies with both hands on the handles of the testing apparatus.

Tie Tong Drag



Employees are required to drag a tie to position it properly. Applicants must demonstrate the ability to apply the force required to accomplish this task. During this test, applicants will pull towards the body with both hands on the handles on the testing apparatus.

Dynamic Lift - Floor to 46"



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 56 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 Kneel-Stand-Kneel - Occ (90)

****No additional pictures 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.