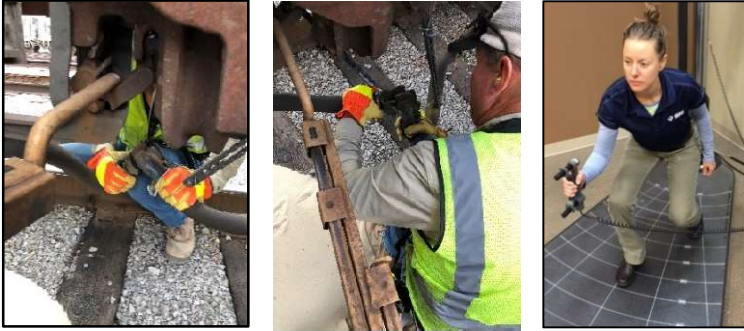


## Train Crew

### 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.

### 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.

### Pin Lift Pull – Left

\*\*Pictures in manual match pictures on website

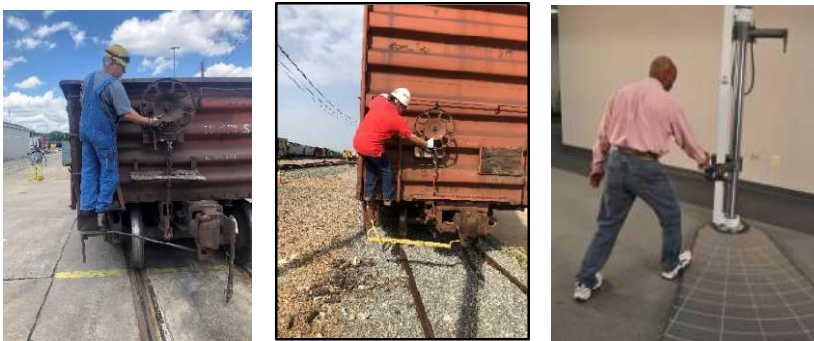
Pins are pulled from train cars to release the car and make a car or group of cars available in building a new train. Applicants must demonstrate the ability to apply enough upward force to pull the pin and release the car. During this test, applicants will pull against a handle on the testing apparatus.

## Auto Rack Brake Push



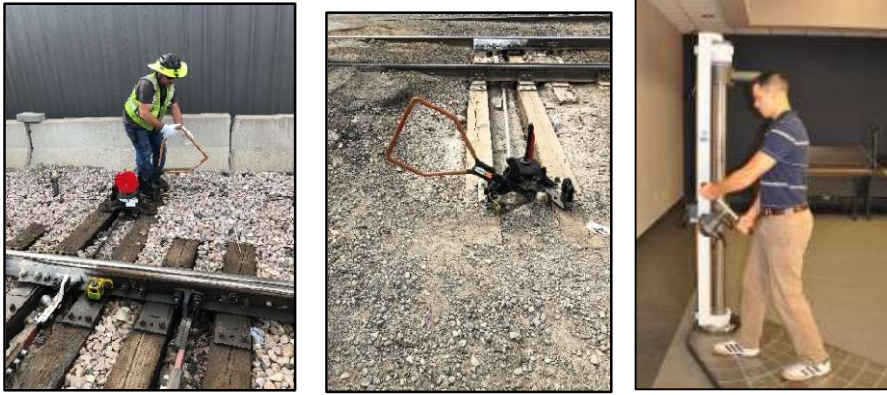
Employees are required to perform specific job tasks on specialty train cars such as those carrying automobiles. Setting the brake on an auto rack is completed with an upward push. Applicants must demonstrate the ability to apply enough force to set the auto rack brake by pushing up on the testing device.

## Wheel Brake Pull – Right



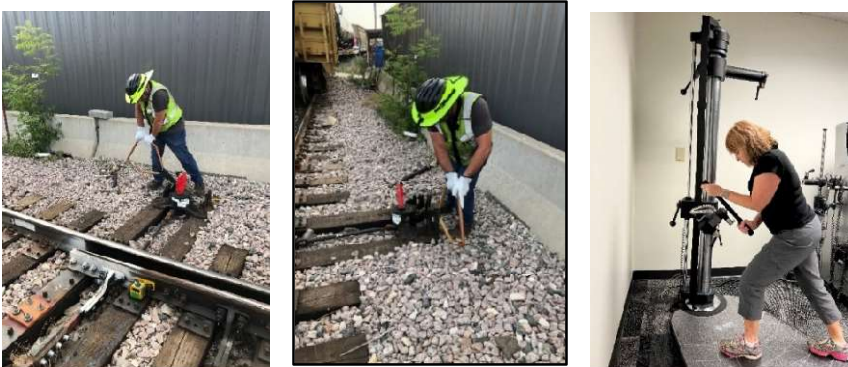
Setting the wheel brake on a train car prevents the movement of cars on a track. Applicants must demonstrate the ability to apply enough force to set a wheel brake. A device is used to simulate the body position required when performing this task and measures the amount of force applied. The force is applied as an outward pull.

## 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



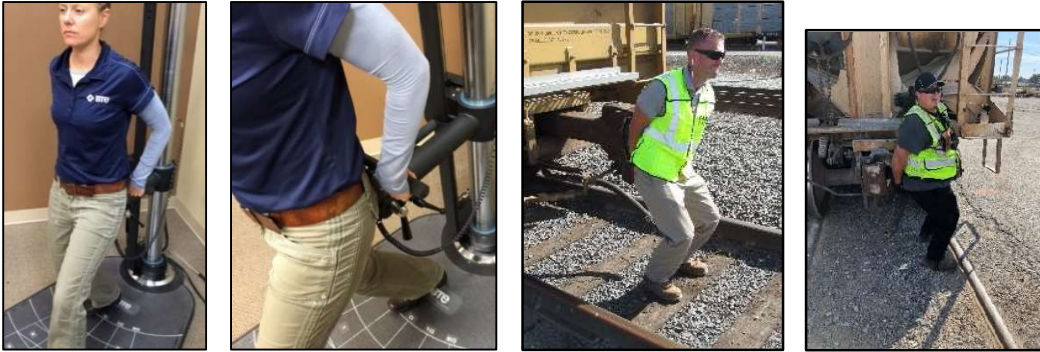
Applicants must be able to switch track junctions to redirect a train. This task is performed by pushing an ergo switch into the locked position. Applicants must demonstrate the ability to apply sufficient force to the switch by pushing away from their bodies in an angled direction on the testing device.

## Railcar Ride



Employees are required to safely hang on to a ladder on a moving or stationary train car. The applicant must demonstrate the ability to perform this job function by "riding" the testing apparatus that replicates the ladder on a train car for the specified time period. The applicant will be provided a safety vest with weight pouch, representing the Radio Control Unit that is worn on the job.

## Back Up Draw Bar Lift



Employees must demonstrate the ability to apply the required amount of force to align a draw bar on the back or front of a train car. An upward lift force is measured as the applicant lifts on the calibrated apparatus as shown in these two pictures.

## Dynamic Lift - Floor to 26"



The employee is required to lift and place knuckles as needed. Applicants must demonstrate the ability to lift and set a progressively loaded weight to the height of 36 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 knuckles as needed. 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.