

# Work Performance Test Ramsey County Public Works

## Job Position: Fleet Mechanic



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Age: \_\_\_\_\_

Handedness: R L

Essential Job Task	Description of Test & Comments	Met or Not Met?
Expectations of proper working/lifting techniques while performing job duties.	Review and instruct lifting techniques (4 lifts), body mechanics, etc.	Met Not Met
<b>Lifting/Carrying.</b> Equipment and materials weighing up to 75-100 lbs.	Horizontal carry <ul style="list-style-type: none"> <li>• 75 lbs. 5 reps; 100 lbs. 1 rep</li> </ul> Waist to floor	Met Not Met
	<ul style="list-style-type: none"> <li>• 75 lbs. 5 reps; 100 lbs. 1 rep</li> </ul>	Met Not Met
<b>Lifting/Carrying.</b> Lift 125 lbs. with another person to carry up to 30 ft. at one time.	With 2 people, lift 125 lbs. weighted item from floor to waist level. Carry 15 ft., lower to floor level, and return 15 ft. to original position. 1 repetition.	Met Not Met
<b>Lifting/Carrying.</b> Transfer equipment and tools around job site as needed: Large Pneumatic gun (35 lbs.) Squad car screen (60 lbs.) Vehicle seat (70 lbs.) 5 gallon pail of tools (50 lbs.) Battery (30 lbs.) Truck/car tire + rim (62 lbs.)	Carry each item, one time, 15 ft. and lower to floor level. 35 lbs. Large pneumatic gun 60 lbs. Squad car screen 70 lbs. vehicle seat 50 lbs. 5 gallon pail of tools 30 lbs. battery 62 lbs. truck/car tire + rim	Met Not Met
	Once all items are transferred, return to original location.	Met Not Met
<b>Lift waist to shoulder height.</b> Equipment used in the shop: Large Pneumatic gun (35 lbs.) Auto tire/rim, battery (60 lbs.)	Retrieve item at waist height, lift to shoulder height. Return to original location.	
	Large Pneumatic gun (35 lbs.) Auto tire/rim, battery (60 lbs.)	Met Not Met Met Not Met
<b>Ladder climbing.</b> Access high areas of machines for repair work.	Climb 5 rungs, 3 repetitions.	Met Not Met
<b>Low level work.</b> Low level work of crouching/kneeling/bending when performing maintenance on machinery.	Nuts/bolts at low level for 5 minutes:	
	Crouching – 2 min.	Met Not Met
	Kneeling – 1 min.	Met Not Met
Bending – 2 min.	Met Not Met	
<b>Overhead Working Positions.</b> Throughout the shop this position is assumed (working on underside of engine area of elevated vehicles, tire area of vehicles when employee working on their back, sanding/grinding parts at elevated heights, painting elevated levels, hooking up vehicles for towing, etc.).	Working from shoulder height and above with 5 lb. weight in their hand simulating sanding, pneumatic guns, etc.	Met Not Met
<b>Work in Confined Areas Under Vehicles.</b> Working under large vehicles that cannot be elevated, working under vehicles on hoists but building ceiling limits heights, etc..	Working under 30” height for 1 min., 48” height for 1 min., 60” height for 1 min.	Met Not Met
<b>Climb in/out of vehicles:</b> Climb 3 steps at varying heights from ground.	3 reps climbing 3 rungs (2 <sup>nd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> )	Met Not Met





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### Flexibility

Normal                      Tight                      Very Tight  
 1                      2                      3                      4                      5

#### NECK

#### RIGHT

#### LEFT

Rotation \_\_\_\_\_  
 Side Bend \_\_\_\_\_  
 Flexion \_\_\_\_\_  
 Extension \_\_\_\_\_

### Strength

Normal                      Good                      Fair                      Poor  
 5                      4                      3                      2

#### RIGHT

#### LEFT

\_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_

#### SHOULDER

#### RIGHT

#### LEFT

Abduction \_\_\_\_\_  
 Adduction \_\_\_\_\_  
 Flexion \_\_\_\_\_  
 Extension \_\_\_\_\_  
 Int. Rotation \_\_\_\_\_  
 Ext. Rotation \_\_\_\_\_  
 H-adduction \_\_\_\_\_  
 H-abduction \_\_\_\_\_  
 Scratch test – IR \_\_\_\_\_  
 Scratch test – ER \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_

#### ELBOW

#### RIGHT

#### LEFT

Flexion \_\_\_\_\_  
 Extension \_\_\_\_\_  
 Pronation \_\_\_\_\_  
 Supination \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_

#### WRIST

#### RIGHT

#### LEFT

\_\_\_\_\_ \_\_\_\_\_

Grip strength average \_\_\_\_\_ lbs. \_\_\_\_\_ lbs.

Low/High range \_\_\_\_\_ lbs. \_\_\_\_\_ lbs.

#### TRUNK/BACK

#### RIGHT

#### LEFT

Rotation \_\_\_\_\_  
 Side Bend \_\_\_\_\_  
 Flexion \_\_\_\_\_  
 Extension \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_

#### LOWER EXTREMITIES

#### RIGHT

#### LEFT

Quadriceps \_\_\_\_\_  
 Hamstrings \_\_\_\_\_  
 Hip Flexion \_\_\_\_\_  
 Hip Adduction \_\_\_\_\_  
 Hip Abduction \_\_\_\_\_  
 Dorsiflexion \_\_\_\_\_  
 Plantarflexion \_\_\_\_\_

#### RIGHT

#### LEFT

\_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_  
 \_\_\_\_\_ \_\_\_\_\_

**Comments:** \_\_\_\_\_