



# Work Performance Test Ramsey County Public Works

## Job Position: Heavy Equipment Operator/Labor Crew Leader & Highway Maintenance Laborer

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>• 50 lbs. 5 reps</li> <li>• 75 lbs. 3 reps</li> <li>• 100 lbs. 1 rep</li> </ul> Waist to floor <ul style="list-style-type: none"> <li>• 50 lbs. 5 reps</li> <li>• 75 lbs. 3 reps</li> <li>• 82 lbs. 1 rep</li> </ul>	Met Not Met Met Not Met Met Not Met Met Not Met Met Not Met Met Not Met
<b>Lifting/Carrying.</b> Lift 165 lbs. (100+ lbs. items include manhole cover/lid, tree limbs), with another person to carry up to 25 ft. at one time.	With 2 people, lift 165 lbs. weighted item from floor to waist level. Carry 25 ft., lower to floor level, and return 25 ft. to original position. 1 repetition.	Met Not Met
<b>Lifting/Carrying.</b> Transfer equipment and tools to/around job site as needed: Box Derry Rubber Sealant (30 lbs.) Sand bags (30 & 50 lbs.) Large hose (30-40 lbs.) 5 gallon pail (50 lbs.) Jack Hammer + bit (70 lbs.) 6 ft. Guardrail Post (55 lbs.) Cement Block (75 lbs.)	Carry each item, one time, 25 ft. and lower to floor level. 30 lbs. Box Derry Rubber Sealant 30 & 50 lbs. Sand bags 30-40 lbs. Large hose 50 lbs. 5 gallon pail 70 lbs. Jack Hammer + bit 55 lbs. 6 ft. Guardrail Post 75 lbs. Cement Block  Once all items are transferred, return to original location.	Met Not Met        Met Not Met
<b>Low level work.</b> Low level work of crouching/kneeling/bending when performing maintenance, laying sod, concrete work, pipe work, paver block work.	Nuts/bolts assembly/disassembly of pipe & fitting at low level for 10 minutes: Crouching – 4 min. Kneeling – 3 min. Bending – 3 min.	Met Not Met Met Not Met Met Not Met
<b>Jackhammer.</b> Retrieve from compressor trailer, change out bits and stand for use.	Retrieve 70 lbs. jackhammer, carry 10 ft., place on table, remove/replace bit, stand upright, return to original location.	Met Not Met
<b>Shoveling and wheelbarrow:</b> Will shovel materials into wheelbarrow (up to 200 lbs.) and transport up to 200 ft. on the job site.	Shovel (15 lbs. attached to shovel end) to 30" height for 25 motions. Load wheelbarrow with block until 200 lbs. and transport 100 ft. Return, remove contents at original location.	Met Not Met  Met Not Met
<b>Climbing onto equipment.</b> Access requiring large steps and over railings.	3 reps climbing 3 rungs (2 <sup>nd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> ). Stepping over elevated heights (climb over sided rails of wood sled) of 30" climbing into truck beds.	Met Not Met
<b>Portland Cement bag.</b> Lift & carry.	Lift 47 lbs. Portland Cement bag from ground level and lift to waist height to empty into hopper.	Met Not Met
<b>Troweling Poured Cement.</b> On hands & knees, reaching, using trowel.	On hands and knees, trowel for 5 min. duration.	Met Not Met





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### Flexibility

Normal      Tight      Very Tight  
 1      2      3      4      5

#### NECK

	<u>RIGHT</u>	<u>LEFT</u>
Rotation	_____	_____
Side Bend	_____	_____
Flexion	_____	
Extension	_____	

#### SHOULDER

	<u>RIGHT</u>	<u>LEFT</u>
Abduction	_____	_____
Adduction	_____	_____
Flexion	_____	_____
Extension	_____	_____
Int. Rotation	_____	_____
Ext. Rotation	_____	_____
H-adduction	_____	_____
H-abduction	_____	_____
Scratch test – IR	_____	_____
Scratch test – ER	_____	_____

#### ELBOW

	<u>RIGHT</u>	<u>LEFT</u>
Flexion	_____	_____
Extension	_____	_____
Pronation	_____	_____
Supination	_____	_____

#### WRIST

	<u>RIGHT</u>	<u>LEFT</u>
<u>HAND</u>	_____	_____

Grip strength average \_\_\_\_\_ lbs. \_\_\_\_\_ lbs.  
 Low/High range \_\_\_\_\_ lbs. \_\_\_\_\_ lbs.

#### TRUNK/BACK

	<u>RIGHT</u>	<u>LEFT</u>
Rotation	_____	_____
Side Bend	_____	_____
Flexion	_____	
Extension	_____	

#### LOWER EXTREMITIES

	<u>RIGHT</u>	<u>LEFT</u>
Quadriceps	_____	_____
Hamstrings	_____	_____
Hip Flexion	_____	_____
Hip Adduction	_____	_____
Hip Abduction	_____	_____
Dorsiflexion	_____	_____
Plantarflexion	_____	_____

### Strength

Normal      Good      Fair      Poor  
 5      4      3      2

#### RIGHT

#### LEFT

_____	_____
_____	_____
_____	_____

#### RIGHT

#### LEFT

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### RIGHT

#### LEFT

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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