

Exhibit C

Alaska Railroad Corporation List of Job Titles Requiring Physical Ability Testing

- Baggage Handler/Station Agent
- Locomotive Engineer/Conductor Trainee
- Carman
- Equipment Operator/Truck Driver
- Facilities Maintenance Mechanic
- Heavy Equipment Operator
- Journeyman Mechanic
- Track Laborer
- Signalman
- Telecom Technician
- Bridge Helper/Foreman

See the next two pages for a sample PAT for the position of Baggage Handler.

**Exhibit C
Sample**

**PHYSICAL ABILITIES TESTING
HEAVY PHYSICAL DEMAND LEVEL**

COMPANY: Alaska Railroad

JOB POSITION: Baggage Handler

EMPLOYEE NAME: _____
LAST FIRST

SS#: _____ - _____ - _____

GRIP and STATIC STRENGTH TESTING:

Dominant hand: right left

isometric test type	trial 1	trial 2	trial 3	average	Job Requirement	norms for age/sex
dynamometer grip, right	#	#	#	#	Norms	
dynamometer grip, left	#	#	#	#	Norms	
Static Push (36")	#	#	#	#	90 #	N/A
Static Pull (36")	#	#	#	#	90 #	N/A

Comments/Mechanics:

DYNAMIC LIFTING

lift type	Standard for <i>Heavy work:</i> lifting maximum*	Standard Range for <i>Occasional</i> Lifting*	Standard Range for <i>Frequent</i> Lifting*	Job Requirement	Able	Unable	if unable indicat e weight used
floor to 34"	100#	51#-100#	26#-50#	65# Repeat 6 times.			
50 foot carry with pivot of a luggage bag.	100#	51#-100#	26#-50#	50#			

*Lifting maximum and ranges as per Dictionary of Occupational Titles, 4th edition, 1991; US Department of Labor Physical Demand Characteristics of Work.

Comments/Mechanics:

Evaluator Signature

Date

WORK/POSITIONAL TOLERANCES

position/task/activity					able	unable	if unable, list what was achieved
	n/a	Occ. 2x	Freq. 6x	Constant 13x			
100# sled push 50 feet		x					
Stoop maintain for 30 seconds			x				
Shoveling sand 3 minutes		x					
Treadmill walk at 3.0 mph for .5 mile. Once only.							

*Lifting, carrying, push/pull requirements derived from the Dictionary of Occupational Titles, 4th edition, 1991; US Department of Labor Physical Demand Characteristics of Work. Non-exertional requirements derived from the Medical-Vocational Rules SSR 83-10 and SSR 83-14.

Comments/Mechanics:

Evaluator Signature

Date