

# **INFORMATION GUIDE LINEMAN PHYSICAL PERFORMANCE TEST**

**TEST #4016**

## **INTRODUCTION**

The **4016 Lineman Physical Performance Test** is designed to measure the physical capabilities necessary for jobs that routinely perform these tasks. The test is composed of three events. This Guide contains information that will assist you in taking the test, information about the test session, and information on preparing for each event.

## **TEST SESSION**

It is important that you follow the directions of the Test Administrator exactly. If you have any questions about the testing session, be sure to ask the Test Administrator before the testing begins. During testing, you may NOT leave the pole yard, smoke, or eat. The entire test session will take approximately one hour, so consider this before beginning the testing.

All cellular/mobile phones, pagers or other electronic equipment will NOT be allowed in the testing area. You will receive a Test Comment form so that you can make comments about the test. Write your comments on the form when you have completed the test battery.

## **INFORMATION GUIDE FEEDBACK**

At the end of this Guide you have been provided with an Information Guide Feedback page. If a procedure or policy has changed, making any part of this Guide incorrect, your feedback would be appreciated so that corrections can be made.

## TEST SESSION PREPARATION

During the physical performance test session you will be completing physically demanding activities. The following information lists the clothes and equipment you must bring to the testing session, as well as critical participation guidelines.

## WHAT TO BRING

The test will be completed outdoors and will be very physical in nature. You will need to wear the following clothes and bring the following equipment to perform the test. If you do not have the equipment listed here, you may not participate in the test, and your test session may not be rescheduled.

Closed toe, all-leather shoes with heels that lace up, such as boots.

Gauntlet gloves with a minimum 2 inch gauntlet.

Long sleeve, cotton shirt and long pants.

Fall Restraint Equipment (FRE) that includes an ANSI or OSHA approved climbing belt with a secondary safety.

Climbers/gaffs that meet the following conditions: sufficient gaff length remaining per manufacturer's specifications, no cracks or loose gaffs, straps and buckles are in good working condition.

Hardhat and safety glasses.

If you have questions about what to bring, or if your equipment meets standards, please contact T&D Training at (909) 548-7179 or (909) 548-7116.

## PARTICIPANT GUIDELINES

Preparation for the testing will help you perform your best on the day of the test. For this reason, we recommend the following:

Eat a small meal before arriving at the test session. Do not eat within one hour of the scheduled time for your test session. This will allow for digestion of the food you ate. Do not drink coffee, tea, or caffeinated soda within one hour of your scheduled test session time. Do not smoke or use chewing tobacco within an hour of your session. **Drink water prior to and during your session**

## **TEST TAKING STRATEGIES**

Your emotional and physical state during the test may determine whether you are prepared to do your best.

### **CONFIDENCE**

If you feel confident about your physical abilities, you may lose some of your anxiety. Think of the test as a way of demonstrating the physical abilities you possess.

### **PUNCTUALITY**

Arrive early enough to feel relaxed and comfortable before the test battery begins.

### **CONCENTRATION**

Try to block out all distractions and concentrate only on the test.

### **EFFORT**

Give your best effort on the test and follow the instructions and perform the test as quickly as you can in accordance with the instructions.

### **LISTENING**

Listen carefully to all directions provided by the administrator. If necessary, ask the administrator to repeat directions or answer questions you may have.

Remember to give your best effort.

## PHYSICAL PERFORMANCE TEST BATTERY EVENTS

The 4016 Lineman Physical Performance Test consists of three events. The purpose of this section is to provide an overview of the events in the test and information that may help during the testing. The events that comprises the 4016 Lineman Physical Performance Test are described below.

### 65 FOOT POLE CLIMB

This event evaluates your ability to safely and effectively ascend, descend, and perform work on a pole. You will be required to climb to a height of 65 feet. A cross arm will be mounted at 65 feet with holes drilled for insulators on each side. When you reach the cross arm, you will reach out and retrieve a wooden dowel from one side of the cross arm, and replace it on the other side. After you have moved the flag, you will descend the pole. This reflects work performed on the job when climbing and installing insulators in cross arms while on the pole.



### RECOMMENDED PREPARATION FOR LIFT AND CARRY

Exercises that build muscular strength and endurance in the upper and lower body, torso/core area, lower body, and general aerobic capacity.

## **GROUND CONDUCTOR**

This event evaluates your ability to ascend and descend a pole and to ground conductors using a hot stick. You will ascend the pole, which will include climbing over obstacles. You must remain belted at all times when climbing. When you reach the top cross arm, you will retrieve a hot stick and grounds from a hot stick bag on the pole. At this point, you will use the hot stick to place the ground on the conductor, and slide it out to a specified distance. You will then retrieve a jumper from the bag, and place it on the first conductor using the hot stick. You will place the other end of the jumper on a second conductor. You will then move to the other side of the pole and repeat this process with a second set of grounds and jumpers. Finally, you will remove all grounds and jumpers from the pole using the hotstick, and replace them in the bag. This reflects work performed on the job when climbing a pole and performing grounding.



## **RECOMMENDED PREPARATION RAISE & LOWER**

Exercises that build muscular strength and endurance in the upper and lower body, torso/core area, and build grip strength.

## FRAME A POLE

This event evaluates your ability to ascend and descend a pole and install and remove a cross arm. In this event, you will climb to the 20' mark on the pole. This will require climbing over an obstacle at the 10' mark. At the 20' mark, you will install a cross arm without a brace. Once that is complete, you will proceed to climb to the 30' mark, where you will install a cross arm and v-brace. Once the cross arm is installed, you will move an insulator from one side of the cross arm to the other. After this is completed, you will remove each cross arm, and descend the pole. This reflects work performed on the job when setting and dressing cross arms.



## RECOMMENDED PREPARATION FOR POLE FRAME

Exercises that build muscular strength and endurance in the upper and lower body, torso/core area, and build grip strength.

## **PHYSICAL PERFORMANCE TEST BATTERY PREPARATION**

The 4016 Lineman Physical Performance Test involves the demonstration of physical abilities essential to jobs that routinely perform these tasks. These are upper and lower body muscular strength, muscular endurance, and aerobic capacity. The following exercises can help you increase your abilities in these areas. For safety purposes, consult your physician prior to engaging in any exercise program.

While there are many ways to develop or strengthen the physical abilities essential to this test and the work of the job, the chart below provides suggestions of exercises that can increase the general abilities needed by this position. Resistance training (weights) has been shown to produce the greatest increases in strength. Before beginning these exercises, complete the warm-up to prepare the muscles and joints for the physically demanding exercises. Following the exercises, perform the cool-down exercises. When performing exercises, do not hold your breath. Breathe normally.

### **WARM-UPS**

#### **ARM CIRCLES**

Have the arms extended to the sides. Rotate the arms forward while increasing the size of the circle. Rotate the arms in the reverse direction and increase the size of the circle. Do 20 revolutions in each direction.

#### **MARCH & RUN IN PLACE**

March in place for 30 seconds while lifting the knees. Follow with running in place for 30 seconds.

#### **QUAD STRETCH**

Grasp a stable surface with the right hand. Bend the right knee and grasp the right foot with the left hand. Pull the right heel toward the buttocks for 10-20 seconds. Repeat with the left leg.

#### **SINGLE ARM CROSS**

Grasp the left arm at the elbow with the right hand. Pull the left arm across the body at shoulder height with the palm facing down. Hold this position for 10-20 seconds. Repeat with right arm.

### **GRIP STRENGTH**

#### **HAND GRIP**

Use a hand grip or tennis ball. Squeeze the grip with each hand 10 to 12 times.

## **UPPER BODY MUSCULAR STRENGTH & MUSCULAR ENDURANCE**

### **BICEP CURLS**

Place a dumbbell in each hand with the palms facing forward. Keep the feet shoulder width apart with the knees slightly flexed. Bend the elbows to lift the dumbbell to the shoulder. Keeping the elbows next to the torso, lower the weights to the starting position. To begin this exercise, select a weight that can be curled 4 to 8 times. Do two sets of 8-10 repetitions.

### **PUSH-UPS**

Lie face down on the floor with the hands and feet shoulder width apart. Keeping the torso straight, push upwards with the arms until they are fully extended. Keeping the torso in alignment, lower to a position in which the elbows are flexed to 90 degrees, then extend the arms until the elbows are straight. Complete as many push-ups as possible.

## **LOWER BODY MUSCULAR STRENGTH & MUSCULAR ENDURANCE**

### **WALL SIT**

Lie face down on the floor with the hands and feet shoulder width apart. Keeping the torso straight, push upwards with the arms until they are fully extended. Keeping the torso in alignment, lower to a position in which the elbows are flexed to 90 degrees, then extend the arms until the elbows are straight. Complete as many push-ups as possible.

### **CALF RAISES**

Stand with the feet a few inches apart. Raise up by extending at the ankle and raising the heels off the floor. Do two sets of 8-10 repetitions.

### **LEG PRESS**

Using a Leg Press/Hack Squat Machine. Sit in a position in which the knees are bent to approximately 90 degrees when the feet are placed against the plate on the machine. Do two set of 8-10 repetitions. Select a weight that can be easily moved 4 to 8 times.

## **AEROBIC CAPACITY**

### **BICYCLE**

Bicycle at a high cadence (60 or more revolutions per minute) at a low to moderate friction or gear setting for 30 or more minutes, 3 times per week

### **RUN**

Run for more than 20 minutes, 3 times per week.

## COOL DOWN

### **QUAD STRETCH**

Grasp a stable surface with the right hand. Bend the right knee and grasp the right foot with the left hand. Pull the right heel toward the buttocks for 10-20 seconds. Repeat with the left leg.

### **SINGLE ARM CROSS**

Grasp the left arm at the elbow with the right hand. Pull the left arm across the body at shoulder height with the palm facing down. Hold this position for 10-20 seconds. Repeat with right arm.

### **MODIFIED HURDLERS STRETCH**

Sit on the floor with the right leg extended. Bend the knee of the left leg and move the foot in toward the thigh of the other leg. Reach forward and attempt to touch the toes of the right foot. Hold this position for 10-20 seconds. Repeat with the left leg.



## **INFORMATION GUIDE FEEDBACK**

Please use this page to notify us of any changes in policies, procedures, or materials affecting this guide. Once completed, return to:

Southern California Edison  
Human Resources – Testing  
G.O. 5, 1st Floor  
1515 Walnut Ave.  
Rosemead, CA 91770

**Test Name: 4016 Lineman Physical Performance Test**

COMMENTS