

Components of Physical Abilities Test for Train Service



Lumbar Range of Motion

The physical abilities test starts and ends with a lumbar range of motion measurement. This is used as a flexibility benchmark before and after the test and is not a pass/fail component of the test.

The Train Service candidate is asked to bend forward, backward, and to each side while this measurement is taken.

Hose Coupling Grip Test

Employees are required to attach and detach the hose coupling on the train's air brake system. The hose coupling is shown here beneath the train car junction. Applicants must demonstrate the ability to apply enough force to couple/uncouple the hose coupling by squeezing a calibrated grip device, commonly known as a grip strength test.



Pin Lift Test

Pins are pulled from train cars to release the car and make a car or group of cars available in building a new train. Train Service applicants must demonstrate the ability to apply enough upward force to pull the pin and release the car.



Auto Rack Brake Set Test

Train Service applicants must be able to perform specific job tasks on specialty train cars such as those carrying automobiles. Setting the brake on an auto rack is done with an upward push. Train Service candidates must demonstrate the ability to apply enough force to set the auto rack brake by pushing up on the calibrated apparatus as shown in the picture.



Wheel Brake Test

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



High Stand Switch Pull Test

Train Service candidates must be able to switch track junctions to redirect the direction of a train. This is done by pulling the track switch or High Stand Switch. Train Service candidates must demonstrate the ability to apply sufficient force to the switch (enough to redirect the track) by pulling in a horizontal direction on the calibrated device shown to below.



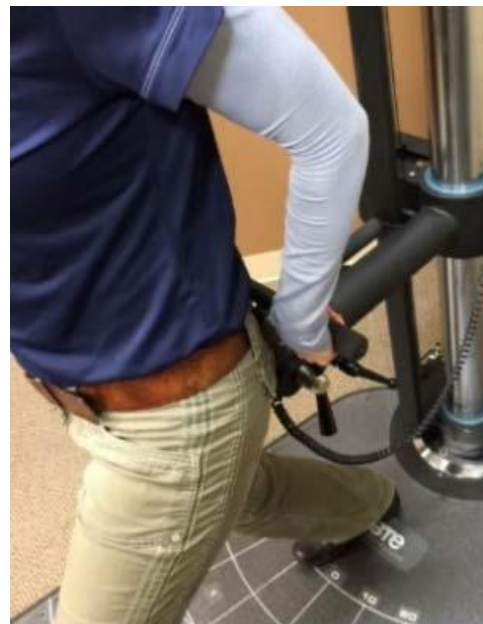
Railcar Ride

Train Service candidates must be able to safely hang on to a ladder on a moving or stationary train car. The Train Service candidate will be provided a safety vest with weight pouch that simulates the Radio Control Unit that is worn on the job. The Train Service candidate must demonstrate the ability to perform this job function by "riding" the calibrated apparatus that replicates the ladder on a train car, as shown, for the specified time period.



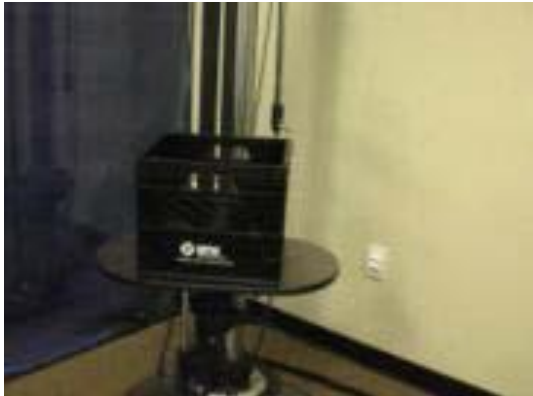
Draw Bar Align Lift

Train Service applicants must demonstrate the ability to apply ample force to align a draw bar on the back or front of a train car. An upward lift force is measured as the Train Service candidate lifts on the calibrated apparatus as shown in these pictures.



Dynamic Lift - Progressive Load

Train Service applicants must demonstrate the ability to lift and set a progressively loaded weight to the height of a train car.



Dynamic Carry Test

Train Service candidates must demonstrate the ability to carry a progressively loaded weight to simulate removing an object (such as a knuckle) from between and / or near the rail track.

