The following information is provided to help interested individuals physically prepare
themselves for the Train Service Physical Abilities Test (PAT) and the physical job demands
of a Train Service position. The pictures, linked videos, and written exercise descriptions are
intended as recommended physical guidance. Completion of one or more of the exercises
does not guarantee employment with Union Pacific, nor does it grant an applicant differing
treatment during the Train Service selection process.

Union Pacific will not be held liable for the activities and/or results of individuals who attempt
to complete one or more of the following exercises.

**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.

**Upright rows will help you practice your wheel brake ability:**

**Upright Row**

Draw Bar Lift Test

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. During the PAT, an upward lift force is measured as the applicant lifts on the calibrated apparatus.

Bicep curls and farmers carries will help you prepare for the draw bar lift test:

**Bicep Curls**

[Image of bicep curls]

http://www.coreperformance.com/knowledg/e/movements/bicep-curl-dumbbell.html

**Farmers Carry**

[Image of farmers carry]

After gripping the object, lift up by driving through your heels, while keeping your back straight and your head up. Walk taking short, quick steps, and don't forget to breathe.
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.

**Bent over rows and upright rows will help you practice your pin lift ability:**

**Upright Row**

**Bent Over Row**


Auto Rack Brake

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. Applicants must demonstrate the ability to apply enough force to set the auto rack brake by pushing up on the calibrated apparatus.

Dumbbell shoulder press and push-ups will help you practice your auto rack brake ability:

Dumbbell Shoulder Press

Push-Ups


http://www.coreperformance.com/knowledg e/movements/push-up1.html
High Stand Switch

Train Service applicants 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. Applicants 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.

Seated rows will help you practice your high stand switch ability:

Seated Row

Without moving your torso backwards, pull the handles or band backwards, towards your lower abdomen. Your back must be kept straight at all times. Ease back to the starting position to repeat.
Car Ride Test

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

Inverted rows and plank will help you practice your car ride ability:

- Inverted Rows
- Plank


Dynamic Lift Test

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

Deadlifts will help you practice your dynamic lift ability:

Deadlift

Lumbar Range of Motion

The PAT 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 or fail component of the test.

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

Knee lifts and torso twists will help you practice your lumbar range of motion:

Knee Lifts

Torso Twist


http://www.coreperformance.com/knowledge/movements/trunk-rotation-standing.html