



Information Guide for Lineman Physical Performance Test Battery

Test Number: 4016

Human Resources
Performance Assessment Services
Southern California Edison
An Edison International Company

REV031512

Introduction

The **4016 Lineman Physical Performance Test Battery** is a performance test designed to cover several major physical abilities necessary to perform the job. The test battery is composed of three events. These three events are administered during a testing session. This Guide contains information that will assist you in taking the test battery, information about the test session, and information on preparing for each event.

Test Session

1. In order to use the equipment required by the lineman position, you must weigh 285 pounds or less. You will be weighed immediately prior to the start of the test. If your weight is above 285 pounds, you will be dismissed from testing.
2. 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 two hours, so consider this before beginning the testing.
3. **All cellular/mobile phones, pagers or other electronic equipment will NOT be allowed in the testing area.**
4. 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 testing sessions you will be completing variety of 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 battery will be completed outdoors and will be very physical in nature. You will need to bring the following equipment to perform the test. If you do not have the equipment listed here, you may not participate in the testing, and your test session may not be rescheduled. If you have questions about what to bring, or if your equipment meets standards, please contact TDBU Training at (909) 548-7178 or (909) 548-7116.

- Climbing boots
- Gauntlet gloves
- Long sleeve, cotton shirt
- Long pants
- Lineman climbing belt with a minimum of 1 safety (NOTE: During assessment exercises, you will be required to use the double safety climbing method, per SCE's Climbing Policy. A second safety will be provided to you if you do not have one.)
- Properly inspected climbers/gaffs (i.e., sufficient gaff length remaining per manufacturer's specifications, no cracks or loose gaffs, straps and buckles are in good working condition)
- Hardhat
- Safety glasses

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:

1. 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.
2. Do not drink coffee, tea, or caffeinated soda within one hour of your scheduled test session time.
3. Do not smoke or use chewing tobacco within an hour of your session.
4. **Drink** water prior to and during your session

Test Information

Introduction

Your emotional and physical state during the test may determine whether you are prepared to do your best. The following list provides information that you can use before the test begins.

Test Taking Tip	Description
<i>Be confident</i>	<ul style="list-style-type: none">- If you feel confident about your physical abilities, you may lose some of your anxiety.- Think of the test battery as a way of demonstrating the physical abilities you possess.
<i>Be punctual</i>	<ul style="list-style-type: none">- Arrive early enough to feel relaxed and comfortable before the test battery begins.
<i>Concentrate</i>	<ul style="list-style-type: none">- Try to block out all distractions and concentrate only on the test.
<i>Best effort</i>	<ul style="list-style-type: none">- Give your best effort on each of the events.- Follow the instructions and perform each event as quickly as you can in accordance with the instructions.
<i>Listen critically</i>	<ul style="list-style-type: none">- 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 on each event.

Physical Performance Test Battery Events

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

A. 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 with a fall restraint and harness system. A cross arm will be mounted at 65 feet with holes drilled for insulators on each end. When you reach the cross arm, you will reach out and retrieve a wooden dowel with a flag attached from one end of the cross arm, and place it on the opposite end. After you have moved the flag, you will descend the pole. This reflects work performed in the Lineman position when climbing and installing insulators in cross arms while on the pole.



Recommended Preparation for the Pole Climb:

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

B. Grounding

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. Per SCE Climbing Policy, you will be required to use a second safety. 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 in the Lineman position when climbing a pole and performing grounding.



Recommended Preparation for Grounding:

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

C. 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. Per SCE Climbing Policy, you will be required to use a second safety. 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 in the Lineman position when setting and dressing cross arms.



Recommended Preparation for Pole Frame:

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

Physical Performance Test Battery Preparation

Exercises to Increase Fitness Levels

The Lineman test involves demonstration of several physical abilities essential to Lineman work. These are grip strength, 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 Lineman work, the chart below provides suggestions of exercises that can increase the general abilities needed by Lineman. 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.

Ability	Exercise	Explanation
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	Stand with the back flat against a wall with the feet approximately 18-24 inches from the wall. Keep the back against the wall and lower the buttocks towards the ground until the knees reach a 90 degree angle. Hold this position for 30 or more seconds.
	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 sets 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 20 minutes or more, 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 Hurdles 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 - Performance Assessment Services
G.O. 5, 1st Floor
1515 Walnut Grove
Rosemead, CA 91770

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