



Information Guide for the Utilityman Physical Performance Test

Test Number: 4014
Human Resources
Southern California Edison Company



Introduction

The **4014 Utilityman Physical Performance Test** is designed to measure the physical capabilities necessary for jobs that routinely perform these tasks. The test is composed of two 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.
- Long sleeve, cotton shirt.
- Long pants.

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 Taking Strategies

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.

Technique	Remarks
<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 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 the test. - Follow the instructions and perform the test 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.

Physical Performance Test

The **4014 Utilityman Physical Performance Test** consists of two 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 comprise the **4014 Utilityman Physical Performance Test** are described below.

A. Lift/Carry

This event evaluates your ability to lift cartons of varying weights from the ground, carry them a short distance, place them on platforms of different heights, and return the cartons to their original places. This reflects work performed on the job when moving equipment and materials from the truck to the worksite and back to the truck.



Recommended Preparation for Lift/Carry:

- ✓ 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 general aerobic capacity.

B. Dig/Shovel

This event evaluates your ability to dig and move buckets of gravel from one location to another. This reflects work performed on the job when digging and refilling holes and trenches for installation and removal of equipment (e.g., utility poles).



Recommended Preparation for Dig/Shovel:

- ✓ 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 general aerobic capacity.