

## **Pre-Enrollment Physical Fitness Screening**

The American with Disabilities Act provides that “an employer may give a physical agility test to determine physical qualifications necessary for certain jobs prior to making a job offer if it is simply an agility test and not a medical examination.” \* Moreover, if an employer uses such a test, he must be prepared to demonstrate the job-relatedness of the test and that the test is consistent with business necessity.

LATTC’s Pre-Apprentice Electrical Line worker program is designed to prepare a student for work in the electrical generation, transmission, and distribution industry. Physical agility tests are an industry standard. To ensure continued industry acceptance of our training program a pre-employment physical agility screening test, consistent with the “American with Disabilities Act” is required for enrollment into this program.

Prior to undergoing the test battery, the applicant **must** present a signed “Doctor’s Certification of Fitness to Perform Fitness Test”; form attached. Failure to do so means exclusion from the testing process.

### **Relevance of Test Items to Essential Tasks**

The five elements of the test battery are designed to establish physical capacity to participate in power line worker, mechanic or similar training and perform the essential tasks of entry-level lineman. They are not simulations but rather assessments of the candidate’s capacity to learn and perform essential physical tasks.

The following represents the specific relationships between the test element and the essential task(s) which validate its use.

#### **Sit-Ups/Muscular Endurance**

Essential Tasks:

- Lifting, carrying
- Running/Injured worker rescue
- Climbing vertical poles & towers

#### **Flex/Flexibility**

Essential Tasks:

- Climbing around obstacles on poles and towers
- Lifting, Carrying, Holding, while aloft
- Reaching and twisting to reach items while aloft
- Reaching and twisting to access underground installations

#### **Bench/Push-Ups/Absolute Strength**

Essential Tasks:

- Lifting, Carrying a Person
- Restraining
- Climbing vertical poles & towers
- Climbing into and out of underground installations

#### **Pull-Up/ Upper Body Strength**

Essential Tasks:

- Lifting, Carrying a Person
- Restraining
- Climbing vertical poles & towers
- Climbing into and out of underground installations

#### **1.5 Mile Run/Cardiovascular Capacity**

Essential Tasks:

- Climbing vertical poles & towers
- Lifting & carrying
- Providing CPR
- Remote Location egress for safety

\*See Americans With Disabilities Act - A Technical Assistance Manual, U.S. EEOC, 1992, pp. IV-8/IV-9.

## PRE-EMPLOYMENT PHYSICAL FITNESS TEST REQUIREMENTS

### Maximum Allowable Bodyweight to Participate in this Program 275 lbs or 125 kg

<b>Sit-Ups</b>	<p><b><u>Muscular Endurance:</u></b> The score is the number of bent-leg sit-ups performed in one minute</p>		
	<b>AGE</b>	<b>Male Pass</b>	<b>Female Pass</b>
	<b>18 – 29</b>	<b>35</b>	<b>35</b>
	<b>30 – 39</b>	<b>32</b>	<b>23</b>
	<b>40 – 49</b>	<b>26</b>	<b>18</b>
	<b>50 – xx</b>	<b>21</b>	<b>12</b>

<b>Flex</b>	<p><b><u>Flexibility:</u></b> The “Sit &amp; Reach” test measures the range of motion of the lower back and hamstrings. The test involves stretching out to touch the toes from the sitting position. The score is the inches reached on a yardstick with the 15” mark being at the toes.</p>		
	<b>AGE</b>	<b>Male Pass</b>	<b>Female Pass</b>
	<b>18 – 29</b>	<b>8</b>	<b>7</b>
	<b>30 – 39</b>	<b>7</b>	<b>6</b>
	<b>40 – 49</b>	<b>6</b>	<b>4</b>
	<b>50 – xx</b>	<b>5</b>	<b>4</b>

<b>Push-Ups</b>	<p><b><u>Dynamic Strength:</u></b> The score is the number of full body push-ups performed in one minute.</p>		
	<b>AGE</b>	<b>Male Pass</b>	<b>Female Pass (modified)</b>
	<b>18 – 29</b>	<b>24</b>	<b>21</b>
	<b>30 – 39</b>	<b>21</b>	<b>18</b>
	<b>40 – 49</b>	<b>18</b>	<b>15</b>
	<b>50 – xx</b>	<b>15</b>	<b>12</b>

<b>Pull-Ups</b>	<b>Upper Body Strength: The Score is the Number of Pull-Ups Performed Overall.</b>		
	<b>AGE</b>	<b>Male Pass</b>	<b>Female Pass</b>
	<b>18 – 29</b>	<b>6</b>	<b>4</b>
	<b>30 – 39</b>	<b>5</b>	<b>3</b>
	<b>40 – 49</b>	<b>4</b>	<b>2</b>
	<b>50 – xx</b>	<b>3</b>	<b>1</b>

<b>1.5 Mile Run</b>	<b>Cardiovascular Capacity: 1 AND 1/2 Mile Run. Score is in minutes &amp; Seconds.</b>		
	<b>AGE</b>	<b>Male Pass</b>	<b>Female Pass (modified)</b>
	<b>18 – 29</b>	<b>12</b>	<b>15</b>
	<b>30 – 39</b>	<b>15</b>	<b>18</b>
	<b>40 – 49</b>	<b>18</b>	<b>21</b>
	<b>50 – xx</b>	<b>21</b>	<b>24</b>

**DOCTOR'S CERTIFICATION OF FITNESS TO PERFORM  
PHYSICAL AGILITY TEST**

I have reviewed the attached elements of the Los Angeles Trade Technical College's "Electrical Line Worker" program pre-enrollment physical fitness test and find that the candidate identified below can/cannot (circle one) perform the elements of the test safely.

Candidate's Name: \_\_\_\_\_

School to which  
Application is made Los Angeles Trade Technical College

Date of Examination: \_\_\_\_\_

Doctor's Signature: \_\_\_\_\_ License No. \_\_\_\_\_