



# TACOMA WATER WATER UTILITY WORKER PHYSICAL ABILITY REQUIREMENTS

*The physical ability test only assesses one aspect of the abilities necessary to perform the duties of a Water Utility Worker. Passing or even achieving maximum score does not guarantee success in the job setting.*

	Maximum	Standard	Minimum
Upright Row (45lbs)	23	16	11
Squats (100lbs)	17	11	6
Shoulder Press (45lbs)	15	9	4

## **Aerobic Bicycle Test**

Used to determine an individual's aerobic power (stamina). Subject pedals at 50 RPM for 3 stages of 2 – 3 minutes. Each stage will be progressively more difficult with an increase of 50 to 75 watts of resistance per stage.

## **Upright Row (45lbs)**

Standing, straight posture, with feet shoulder width apart, arms straight and holding bar. Lifting the bar to breastbone level with elbows higher than your wrist, and back to a straight arm position.

## **Squats (100lbs)**

Standing, straight posture, pad rests comfortably on shoulders, with feet shoulder width apart. Bending at the knees until the thighs are parallel to the ground, then standing once again.

## **Shoulder Press (45lbs)**

Sitting, straight posture, with hands shoulder width apart, bar starts in front of shoulders and pushed directly overhead until arms are extended, then back to shoulder level.