SOUTHERN CALIFORNIA EDISON®
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# Information Guide for the 35 Foot Pole Climb Physical Performance Test

Test Number: 4018

Human Resources

Southern California Edison Company

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# Introduction

The **4018 35 Foot Pole Climb Physical Performance Test** is designed to measure the physical capabilities necessary for jobs that routinely climb to 35 feet. This Guide contains information that will assist you in taking the test, information about the test session, and information on preparing for each event. This test may be administered with another test such as the 4015 Groundman Physical Performance Test. There is an information guide available to help you prepare for this test as well.

## Test Session

In order to use the equipment required by the positions that require this test, 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.

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.

**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.

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# 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.
- Gauntlet gloves with a minimum 2 inch gauntlet.
- Long sleeve, cotton shirt.
- Long pants.
- Lineman climbing belt with a minimum of 1 safety (NOTE: During the test, you will be required to use the double safety climbing method (e.g., being belted all of the time). A second safety will be provided to you if you do not have one.
- Climbers/gaffs that meet the following conditions: sufficient gaff length remaining per manufacturer's specifications, no cracks or loose gaffs, straps and buckles are in good working condition.
- Hardhat.
- Safety glasses.

If you have questions about what to bring, or if your equipment meets standards, please contact T&D Training at (909) 548-7179 or (909) 548-7116.

## 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**.

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# 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 |
|---|---|
| *Be confident* | - 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. |
| *Be punctual* | - Arrive early enough to feel relaxed and comfortable before the test battery begins. |
| *Concentrate* | - Try to block out all distractions and concentrate only on the test. |
| *Best effort* | - Give your best effort on the test. |
| | - Follow the instructions and perform the test as quickly as you can in accordance with the instructions. |
| *Listen critically* | - Listen carefully to all directions provided by the administrator. |
| | - If necessary, ask the administrator to repeat directions or answer questions you may have. |

<u>Remember to give your best effort.</u>

# Physical Performance Test

The **4018 35 Foot Pole Climb Physical Performance Test** consists of one event. The purpose of this section is to provide an overview of the event in the test and information that may help during the testing. The event that comprises the **4018 35 Foot Pole Climb Physical Performance Test** is described below.

## 35 Foot Pole Climb

In this event, you will demonstrate your ability to safely and effectively ascend, descend, and perform work on a pole. You will be required to climb to a height of 35 feet. A cross arm will be mounted at 35 feet with holes drilled for insulators on each side. When you reach the cross arm, you will reach out and retrieve a flag from one side of the cross arm, and place it on the other side. After you have moved the flag, you will descend the pole. You will be evaluated on your ability to perform this event in a timely manner without compromising safety and work quality. This reflects work performed on the job 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.

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# Physical Performance Test Preparation

## Exercises to Increase Fitness Levels

The **4018 35 Foot Pole Climb Physical Performance Test** involves the demonstration of physical abilities essential to jobs that routinely climb to 35 feet. These are 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 line work, the chart below provides suggestions of exercises that can increase the general abilities needed perform this work. 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. |
| 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 place against the plate on the machine. Do two set 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 Hurdlers 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. |

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# 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 – Testing
G.O. 5, 1st Floor
1515 Walnut Ave.
Rosemead, CA 91770

**Test Name:** **4018 35 Foot Pole Climb Physical Performance Test**

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