

# New Candidate Helper T&D Physical Skills Assessment Study Guide

## Overview

Listed below are the 5 skills you will be tested on for the Physical Skills Assessment (PSA). These are designed to assess your ability to:

- follow written and/or verbal instructions, **as well as**
- physically perform the tasks satisfactorily

## Stations

### Carrying Hardware/Components to Job Sites

- Carry components, one at a time, to the designated spot following the designated walking path
- The component carried can weigh up to 40lbs and needs to be handled in a controlled manner
- The distance of the course is approximately 100ft

Strength and physical conditioning are recommended for preparation for the task, the participant should not struggle to complete this assessment.

### Raising Hardware Using Rope and Block

- This station is a 40lb weight attached to a rope and a pulley
- The weight is pulled up hand over hand to a height of approximately 30ft
- Once the specified height is reached, the weight is lowered back down to the ground in a controlled manner

This task is testing overall strength and the ability to raise materials to workers aloft. All movements should be controlled, and the rope cannot slip through the participants hand or wrap around their body.

## Mobility Aloft

- This task tests the ability of the participant to work at heights
- The participant is attached to a fall arrest system and will climb a ladder approximately 27' to a platform attached to a pole
- The participant will then belt to the pole and step onto the platform
- Once on the platform, the participant must circle the pole and reach out with both hands
- There is an observer aloft to verify

The ladder should be climbed one step at a time and the participant should be comfortable moving around at heights. Climbing ladders is a routine task for line workers. Also consider stretching and strength building programs appropriate for the task.

## Making Electrical Connections

- This task is testing the ability to follow directions and measure using a ruler
- A print is provided with measurements and the participant must follow the instructions
- An electrical connection is then installed at the proper location

In preparation participants should be familiar with using a ruler and measurements within fractions of an inch. This test is measured for accuracy to the half inch. Care should be taken to not damage the materials.

## Manual Dexterity While Working Aloft

- This task tests the ability to work with hand tools and install/remove hardware while belted from a pole
- Participant is belted to a pole and ascends using steps to a height of approximately 5 feet
- Once at height, participant uses hand tools and a material bag to remove hardware from one side of a crossarm and correctly reinstall on the opposite side
- Do not drop hardware, tools, or material bag during this task
- Must demonstrate proficiency to ascend/descend to/from work location without assistance and work with tools and hardware with both hands

This task requires flexibility, for preparation candidates should stretch and prepare for physical work. Participants should be familiar using basic hand tools such as an adjustable wrench along with installing bolts and nuts correctly. Participant cannot not drop any materials.