



Street Lighting Electrician Physical Assessment

The Physical Ability Tests only assess certain aspects of the abilities necessary to perform the duties of a Lineworker. Passing, or even achieving the maximum score does not guarantee success in the job setting.

	Maximum	Standard	Minimum
Chin Ups	9	5	2
Military Press 50#	22	15	10
Squats 100#	17	11	6
Upright Row 45#	23	15	11
Bentover Row 60#	30	22	16

Aerobic Bicycle Test (6 min)

Used to determine the individual's aerobic power (stamina).

Chin Ups

Start with hands shoulder width apart with palms toward your face, arms fully extended and feet off the ground. Bring the chin completely over the bar and do not allow the body to swing or kick.

Military Press (50 lbs)

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

Squats (100 lbs)

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 return to a standing position.

Upright Row (45 lbs)

Standing, straight posture, with the feet shoulder width apart, arms straight holding the bar. Lift the bar past the height of the breastbone with the elbows higher than your wrists, and return to the starting position.

Bentover Row (60 lbs)

Standing, bentover at the waist, arms straight down in front, shoulder width apart, pull the bar upward to the breastbone and return to the starting position.