EMPLOYEE HEALTH SERVICE
Requirements for Physical Ability Test for
Railroad Inspector (Motor Power and Equipment)
Candidates
EHS-AG-9 (4/2016)

Candidates may take the required qualifying physical fitness test after receiving medical clearance to participate in the test. All tasks are scored on a pass / fail basis and a candidate must safely pass all tasks designated. If a candidate fails any element, the test will be immediately terminated. Retesting will be in accordance with EHS procedures.

TEST 1 – Three Minute Step Test

For 3 minutes the candidate will lift one foot at a time while stepping on and off a 12-inch bench. The candidate must keep pace with a metronome set at 96 beats per minutes**.**

Fail: Candidate stops stepping prior to 3 minutes
Candidate fails to keep up with the metronome

TEST 2 – Assume Working Positions

From a standing position, the candidate must lie down on the mat on his/her back, extend both arms upward, and hold this position for one (1) minute.

Fail: Unable to assume the working positions
Unable to hold arms upward for the designated time.

TEST 3 – Stair Climb Test

The candidate must go up and down one flight of stairs.

Fail: Unable to go up and down the flight of stairs

TEST 4 – Ladder Ascent Test

The candidate must climb (to a height of 12 feet) and descend a standard industrial safety cage ladder with an interior dimension of approximately 30 inches.

Fail: Unable to climb up and down the ladder.