**Janitor – Commercial Office WorkSaver Exam**

**Step Test Criteria**

As a part of the WorkSaver exam, applicants will be required to complete a three minute aerobic step test before completing any of the essential testing criteria for their specific position in which they are applying. This test is not job specific but used as an assessment tool. During this step test, the heart rate is monitored to determine an applicant’s aerobic fitness level. An applicant will be required to get a medical release from their private physician if any of the following situations occur:

1. Blood pressure exceeds 200 mmHg at any time during the step test
2. Heart rate does not fall under 100 beats/minute following completion of the step test in a reasonable amount of time (less than 10 minutes)
3. An abnormal heart rhythm is detected before, during or after test

**Essential Testing Criteria**

* Floor to Waist Lift Test: Lift 18 lbs. x 2
* Floor to Shoulder Lift Test: Lift 15 lbs. x 2
* Floor to Crown Lift Test: Lift 15 lbs. x 2
* One or Two-Handed Carry Test: Carry 15 lbs. with one or two hands for 15 feet x 2
* Twist Test: Perform 10 alternate cross over toe touches x 10 each side, self-paced, continuous
* Stoop Test: From standing with legs straight (no bending of knees), bend over at waist and reach towards floor for floor x 10, self-paced, continuous
* Kneel Test: Kneel on one knee and stand. Return to kneel on opposite knee. Repeat alternate kneel sequence x 5 for each knee, self-paced continuous
* Squat Test: Functionally squat x 5, self-paced, continuous
* Stair Climb Test: 24 steps: Climb up and down 24 steps, self-paced, continuous, climb a flight of stairs