**North Slope Service Worker 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: 50lbs x 2
* Floor to shoulder: 45lbs x 2
* Floor to crown lift: 25lbs x 2
* Carry 50lbs with two hands for 10 feet x 2
* Carry 40 lbs. with one hand for 10 feet
* Push and Pull horizontally with a peak force of 38lbs with two hands.
* 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 forwards floor to floor x10, self -paced, continuous
* Kneeling Test: kneel on one knee and stand, alternate to kneeling on opposite knee, repeat kneeling sequence x 5 for each knee, self-paced, continuous
* Squat Test: Functionally squat x 5 self-paced, continuous
* Stair Climb Test: 50 steps: Climb up and down 25 steps, self-paced, continuous, allow a 60 second rest break and then repeat climbing up and down of 25 steps, self-paced, continuous.