



DOYON UNIVERSAL SERVICES, LLC

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Warehouse Attendant 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:

- a) Blood pressure exceeds 200 mmHg at any time during the step test
- b) 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)
- c) An abnormal heart rhythm is detected before, during or after test

Essential Testing Criteria

- Floor to Waist Lift Test: Lift 50 lbs. x 2
- Floor to Shoulder Lift Test: Lift 42 lbs. x 2
- Floor to Crown Lift Test: Lift 42 lbs. x 2
- Two-handed Carry Test: Carry 50 lbs. with two hands for 10 feet x 2
- Push and Pull Test: Push and pull horizontally with a peak force of 90 lbs. 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 towards floor for floor x 10, self-paced, continuous
- Kneeling Test: From standing, kneel on one knee and return to standing. 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