



# DOYON UNIVERSAL SERVICES, LLC

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## North Slope Service Worker WorkSaver Criteria

Note: As a warm up, all applicants will be required to complete a three minute aerobic step test before completing the following 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.