

Be prepared – this course is physically demanding!

VOLTA Pre-Course Physical Evaluation

It is important to understand that line work and tree trimming are very physically demanding and places the body in unusual positions and strains. Even normally healthy and fit people are sometimes unable to deal with these strenuous demands.

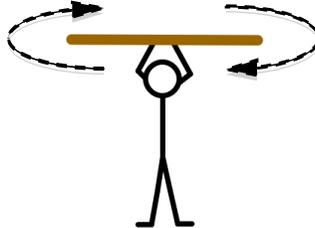
It is very common for students who have past injuries (from school sports, biking, skating etc.) to think, “It hasn’t bothered me for a long time so I’ll be OK”. If this is your situation, you should contact the VOLTA administrative office for a copy of the complete lineman physical descriptions then talk to your doctor about this. Just about every one of these type of students later discovers that these old injuries prevent or limit them from doing the physical demands.

The climbing gear used for working on wood poles can be very uncomfortable for some people. Unfortunately, the only way to know how it will affect you is to actually climb and position yourself in it. We understand new applicants usually don’t have the gear/access/supervision to try climbing poles. So we have developed the following evaluation to help you at least get a start on some similar physical requirements. This pre-course physical evaluation is only a sample of the expectations of entry-level VOLTA students. It will help determine your physical ability levels and show you what areas (if any) you need to improve before starting VOLTA.

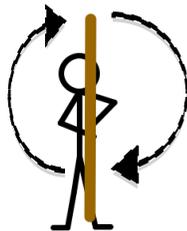
PHYSICAL DEMANDS

NOTE: You should have a friend “spot” for you in case you need assistance.

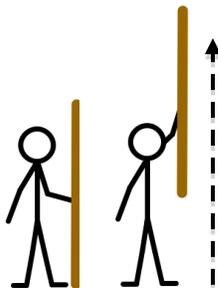
1. Raise an 8 foot long 4x4 board over your head and rotate it horizontally 360° (like a helicopter rotor blade)



2. With the same 4x4, from chest level, you should also be able to rotate it vertically 360° (like a windmill).



3. Now hold the 4x4 vertically with one end of it on the floor/ground. Grasping the 4x4 with one hand, raise it up (keeping it vertical) until your arm is fully extended. You should be able to repeat this 2-3 times with each hand.



4. Standing with your feet together, hold a weight equal to about a gallon of paint, milk etc. (\pm 5-10 lbs.), with one arm extended straight out. Slowly twist your upper body (don't move your feet) and swing the weight slowly around so it is now behind you but still being held straight out. Hold the weight outward behind you for 20 seconds without lowering the weight down. Repeat this with the other arm the opposite direction.



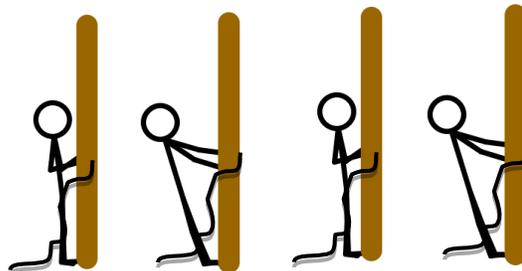
5. Pass a rope/belt around a tree, post or other stable vertical object. Hold the rope in each hand on each side of the tree/post. Your hands should be just below shoulder level with no slack in the section of rope around the back-side of the tree/post.



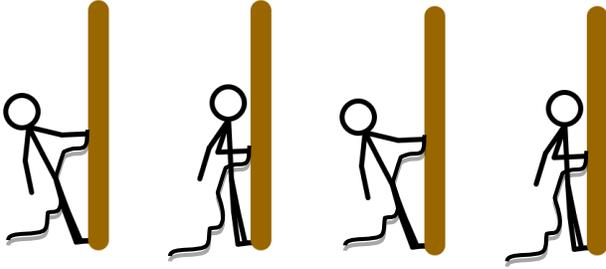
Standing with your feet together and toes against the tree, slowly straighten your arms and let your body lean back. Do not bend at your waist. Keep your head, back, and legs in a straight line.



Now pull yourself up with your arms until your nose touches the tree. Repeat this about six times.



6. This is similar to Task #5, except you use only one hand instead of two. Bring both ends of the rope together and hold with just one hand in front of, and choked up next to, the tree. Again, slowly lean back while extending the one arm. Keep your body line straight. Pull yourself up with your one arm until your nose touches the tree. The hand holding the rope ends should be against your stomach when your nose touches the tree. Repeat this about six times. Switch hands and repeat about six times.



7. Jog up a flight of stairs of approximately 30 steps (without stopping) while holding about 25 pounds of weight.

The tasks contained in this pre-course physical evaluation describe the general nature and level of work being performed in this trade. This description is not intended to be an all-inclusive list of duties, and requirements for students to be able to perform. The student is responsible for performing all duties in a safe and efficient manner (for both themselves and others) in compliance with safe work procedures and safety regulations. This task description is not intended to constitute an offer or contract of enrollment. Task descriptions may and do change periodically.