



Atlas Ergonomics

Pre-Work Screen Process

This Pre-Work Screen has been designed to reflect the physical demands associated with the work at Roehl Transport.

Throughout the screening process your heart rate will be monitored. As a safety measure and per our testing procedure, your screen will be stopped if your heart rate meets or exceeds 90% of your age predicted maximum $[(220 - \text{age}) \times 0.9]$. This is considered a failed screen.



	Crouch
2 reps	Ability to: Perform Pre-trip & Post-trip inspections of the truck



	Floor to Head Lift
30 lbs. X 1 rep	Ability to: Lift personal gear into the cab (i.e., duffel bag)



	Step/Step—Kneel/Kneel
2 reps if needed	Ability to: Step up to / down from the cab, the trailer, and cat-walk



	Floor to Waist Lift
30 lbs. X 3 reps	Ability to: Load / unload freight
60 lbs. X 3 reps	



	Step Test (12" step)
1 min.	Ability to perform sustained work activities including: Loading / unloading freight Walk to / from a Truck Stop Perform repetitive clutching Perform Pre-trip & Post-trip inspections of the truck



	Waist to Shoulder Lift
20 lbs. X 3 reps	Ability to: Load / unload freight Raise the hood of the tractor
40 lbs. X 3 reps	



30 lbs. X 1 rep	Front Carry—40 Feet (Up and Back)
60 lbs. X 1 rep	Ability to: Carry product / cargo the length of the trailer



	Horizontal Pull (100 lb. average)
3 reps	Ability to: Crank the dollies Open / Close trailer doors Close / Lower tractor hood Enter the Tractor & Trailer "Pull the 5th Wheel" "Slide the Tandem" Utilize a "Pallet Jack"



	Squats
10 reps	Ability to: Perform repeated clutching Step up to / down from the cab, the trailer, and cat-walk Perform Pre-trip & Post-trip inspections



	Horizontal Push (80 lb. average)
3 reps	Ability to: Crank the dollies Open / Close trailer doors Utilize a "Pallet Jack"



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Pre-Work Screen Process

**Flatbed
Screen**

This Pre-Work Screen has been designed to reflect the physical demands associated with the work at Roehl Transport. Throughout the screening process your heart rate will be monitored. As a safety measure and per our testing procedure, your screen will be stopped if your heart rate meets or exceeds 90% of your age predicted maximum $[(220 - \text{age}) \times 0.9]$. This is considered a failed screen.



Crouch

Ability to:
Perform Pre-trip & Post-trip inspections of the truck

2 reps



Floor to Head Lift

Ability to:
Lift personal gear into the cab (i.e., duffel bag)

30 lbs.
X
1 rep



Step/Step—Kneel/Kneel

Ability to:
Step up to / down from the cab, the trailer, and cat-walk

2 reps if needed



Floor to Waist Lift

Ability to:
Load / unload freight

40 lbs.
X 3 reps

60 lbs.
X 3 reps

80 lbs.
X 3 reps



Step Test (12" step)

Ability to perform sustained work activities including:
Loading / unloading freight
Walk to / from a Truck Stop
Perform repetitive clutching
Perform Pre-trip & Post-trip inspections of the truck

1 min.



Waist to Shoulder Lift

Ability to:
Load / unload freight
Raise the hood of the tractor
Lift tarps

20 lbs.
X 3 reps

40 lbs.
X 3 reps

Tarp
X 2 reps



Front Carry - 40 Feet (Up and Back)

Ability to:
Carry product / cargo the length of the trailer

30 lbs.
X
1 rep

70 lbs.
X
1 rep



Horizontal Pull (120 lb. average)

Ability to:
Crank the dollies
Open / Close trailer doors
Close / Lower tractor hood
Enter the Tractor & Trailer
"Pull the 5th Wheel"
"Slide the Tandem"
Utilize a "Pallet Jack"

3 reps



Squats

Ability to:
Perform repeated clutching
Step up to / down from the cab, the trailer, and cat-walk
Perform Pre-trip & Post-trip inspections

10 reps

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3 reps	Horizontal Push (100 lb. average) Ability to: Crank the dollies Open / Close trailer doors Utilize a "Pallet Jack"
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2 reps if needed	Balance Beam (12 ft. Over & Back) Ability to: Climb and balance on various sized products and loads within a flatbed envi- ronment. Footing is not con- sistent; weather and environ- mental conditions play a role.
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3 reps	Lat Pulldown (130 lb. - 3 reps) Ability to: Secure product via strapping systems and chains.
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1 reps	Ladder Climb (Ascend / Descend 15 ft. Ladder) Ability to: Work at heights
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Safety First and Always...

Pre-Work Screen has been designed to reflect the physical demands associated with the work of a driver at Roehl Transport.

As a safety measure and per testing procedures your blood pressure will be taken and your heart rate will be monitored throughout the screening process.

Making smart fitness and nutrition choices in your daily lifestyle can have a positive impact on your livelihood as a professional driver. Good health is key to staying safe and alert on the road.

Here are a few suggestions to keep in mind as you prepare for the Pre-Work Screen and further down the road:

Exercises:

- Walking 20 minutes a day will stabilize your heart rate.
- Practice the screening exercises on the attached pictorial sheet.



Healthy Nutrition Choices:

- Limit your coffee intake to one cup or less the morning before you take your pre-work screening (the screening will take place the first day you arrive at Roehl).
- Sugars and Salts can effect your heart rate and blood pressure. Watch what you eat 2-4 days before you come to Roehl.
- Eat a healthy breakfast every morning - especially the morning of the pre-work screening.
- Drink plenty of water.



Be Prepared:

- Do not drive overnight to arrive on time for your first day at Roehl. Plan your trip so you are fully rested upon arrival at the Roehl facility.
- If you already take blood pressure medication, make sure you have taken all doses in accordance with doctor's orders and don't forget to bring it with you.

Clothing:

- Wear comfortable shoes.
- Wear clothing that fits properly and will allow you to comfortably bend, crouch, squat and move freely.