

## Apprenticeship Working Test Details

### What:

The Working Test measures strength, endurance, and mechanical aptitude. The content of the test is determined by what apprenticeship program(s) you applied to. Listed below are the tests you will be asked to participate in according to which apprentice programs you applied. Specific instructions will be given for each segment of testing.

<b>DRAINAGE AND WASTEWATER ONLY</b>	<b>WATER ONLY</b>	<b>DWW AND WATER (BOTH)</b>
Lift & Carry*	Lift & Carry*	Lift & Carry*
Mechanical (DWW)	Shoveling**	Shoveling**
	Mechanical (Water)	Mechanical (DWW)
		Mechanical (Water)

\*If you fail the Lift & Carry test, you may re-take the test (once) after a 30-minute mandatory rest period.

\*\*If you fail the Shoveling test, you may re-take the test (once) the following day. You will be invited to re-take the test 24 hours after your original appointment. For example, if you are schedule to report for the Working Test at 9:00 a.m. on Friday, you may re-take the Shoveling test at 9:00 a.m. on Saturday. Please plan accordingly.

### When:

The working test will be held January 29 through February 3, 2009. We will do our best to give candidates one-week notice prior to their scheduled testing time. **Total testing process is estimated to take four hours.**

### Where:

The working tests will be held at:

City of Seattle  
Joint Training Facility  
9401 Myers Way S  
Seattle, WA. 98108  
*[Link to mapquest]*

### **WHAT TO BRING**

1. You must bring your current, valid driver's license. **Applicants will not be allowed to participate in any working tests without presenting a current, valid driver's license.** There will be no exceptions. You may have a current, valid driver's license from a different

## Seattle Public Utilities

state for the purposes of taking these tests with the understanding that you will need to obtain a Washington State Driver's license by the time of hire.

2. You will be asked to sign a waiver. Please read it carefully before signing it. Because the working test requires that you be in good physical condition, candidates who are under medical or physical restrictions will not be allowed to participate in these tests without written clearance from the candidate's physician. Failure to complete this form, or provide a doctor's release, will result in elimination from further consideration for the Apprenticeship hiring process. [*Link to Waiver form*]
3. It's a long day--bring a snack, if you want to. SPU will provide water, but no snack foods.

### **WHAT TO WEAR**

Wear comfortable work clothes, including long pants and sturdy protective footwear (closed-toes). Gloves are optional, but will be provided upon request.

### **HOW TO PREPARE FOR THE TEST**

Get plenty of rest  
Drink lots of water  
Eat healthy  
Stretch

### **Links to Lifting and Shoveling Techniques**

<http://www.ccohs.ca/oshanswers/ergonomics/shovel.html>

[http://www.mayoclinic.com/health/back-pain/LB00004\\_D](http://www.mayoclinic.com/health/back-pain/LB00004_D)