

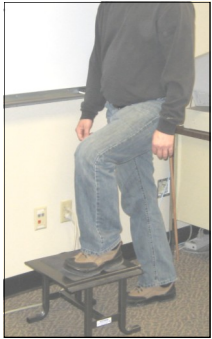


# Atlas Ergonomics

## Pre-Work Screen Process

This Pre-Work Screen has been designed to reflect the physical demands associated with the work at Con-way Truckload.

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.



### 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



### Step/Step—Kneel/Kneel

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



### Squats

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



### Floor to Waist Lift

Ability to:  
Load / unload freight



### Front Carry—50 Feet

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



### Waist to Shoulder Lift

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



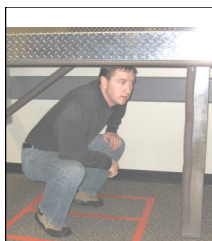
### Floor to Head Lift

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



### Horizontal Pull

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"



### Crouch

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



### Horizontal Push

Ability to:  
Crank the dollies  
Open / Close trailer doors  
Utilize a "Pallet Jack"