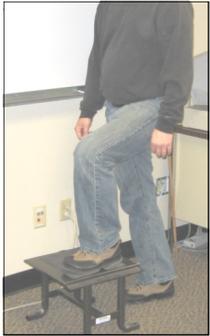




Atlas Ergonomics

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"