

New York City Department of Citywide Administrative Services

Medical Certification

Dear Physician / Candidate:

Your patient/ the candidate has filed an application to take the physical test for Sanitation Worker. A description of the physical test provided to candidates follows. From the description, you will realize that this is a strenuous test which, we believe, will require a fair amount of physical exertion by your patient.

Since your patient/ the candidate has indicated that s(he) has a current medical condition (e.g., Muscular Disorder, Heart Disease, Lung Disease, Disc Disorder of the Back, High Blood Pressure, Pregnancy, etc.) which we believe may be adversely affected by participating in this test, s(he) is required to obtain medical approval prior to being allowed to take the test. The preceding is not a complete list of conditions, but should give you an idea of the type of condition that could lead to medical complications. At the end of the physical test description is the medical certification that you must sign if you believe that your patient/ the candidate should be allowed to take the physical test.

Sanitation Worker, Exam. No. 6063 Candidate Physical Test Information

The physical test consists of two events which are individually timed. The two events are summarized in the table below. A detailed description of the physical test follows the table.

Sanitation Worker Physical Test - Round 1

Event	Tasks	Maximum Time Allowed to Complete the Event
I	1a. Drag, lift, dump and return four (4) baskets, one at a time 1b. Drag basket, lift and place bag, and return basket 2a. Drag basket around a car, lift, dump and return four (4) baskets, one at a time. 2b. Drag basket around a car, lift and place bag, and return basket	3 minutes 31 seconds
TWO MINUTE REST PERIOD		
II	1. Carry or drag garbage between parked cars 2. Carry or drag garbage over snowbank 3. Carry or drag garbage around parked car 4. Carry or drag garbage between double-parked cars 5. Carry or drag garbage over railroad tie	6 minutes

To successfully complete the physical test, you must perform all the tasks in the required manner. If you do not perform a task properly, an Examiner will immediately correct you while the clock continues to run, and you may be penalized by having additional time added to your total time for the event. If you fail to follow the instructions of an Examiner, you will be disqualified.

Your score on the physical test will be based on the number of events that you successfully complete. Each event is worth one point. Since there are two events, the maximum score you can achieve is two. You must pass **both** events in order to receive a passing score.

A penalty will be incurred for the following actions:

- **throwing a bag into the truck;**
- **placing a bag into the truck and not having at least one foot over the line that is painted on the floor in front of the truck;**
- **resting bags on any obstacles.**

You will have five seconds added to your elapsed time for the event in which you incur the penalty. For each additional penalty you incur during the same event, you will have thirty seconds added to your elapsed time for each penalty you incur.

Detailed Description of Physical Test Events

The following is a description of the tasks you will perform during the physical test. You must lift all garbage to a height of 36 inches to place it in the simulated sanitation trucks. You must always step over the line on the floor with at least one foot before placing the garbage or baskets into the truck. You may not throw any garbage or baskets into the truck.

EVENT I: EMPTYING STREET CORNER BASKETS - Event I consists of two tasks which must be performed consecutively. In the first task, you will stand at the start line, approximately two feet from the first basket. At the Examiner's signal, the clock will be started. You will drag the first of four filled street baskets approximately eight feet to a sanitation truck, step over the line on the floor with at least one foot, lift the basket, and empty the contents into the truck. You will then drag the basket back to its starting position. When it is returned, you will drag the next three baskets, one at a time, to the truck, empty each, and bring each back to its starting position. Each basket weighs about 30 pounds and the bags in the baskets weigh 3, 5, 13 and 15 pounds. Next, you will drag the one basket filled with a 35 pound bag to the truck. Do not lift the basket to empty it. Instead, you must remove the 35 pound bag from the basket and put it into the truck. You may either leave the basket upright, or place the basket on its side before removing the bag from the basket and lifting the bag into the truck.

You will immediately proceed to the second task in Event I. You will drag the first of the four filled street baskets to a truck by going around a large wooden box simulating a car (you must follow the route marked on the floor when going around the car), step over the line on the floor with at least one foot, lift the basket, and empty the contents into the truck. Following the same route, you will drag the basket back to its starting position. When it is returned, you will drag the next three baskets, one at a time, to the truck, empty each, and, following the same route, bring each back to its starting position. You must follow the route marked on the floor when going around the car. Each basket weighs about 30 pounds and the bags in the baskets weigh 3, 13, 15 and 25 pounds. Next, you will drag the one basket filled with a 33 pound bag to the truck. Do not lift the basket to empty it. Instead, you must remove the 33 pound bag from the basket and put it into the truck. You may either leave the basket upright, or place the basket on its side before removing the bag from the basket and lifting the bag into the truck. The Examiner will stop the clock for Event I when you return the last basket to its starting position. The Examiner will then direct you to the rest area where you will rest for two minutes before proceeding to Event II.

EVENT II: CARRY OR DRAG GARBAGE BETWEEN, OVER AND AROUND OBSTACLES - Event II consists of five tasks which must be performed consecutively. You will be allowed to carry or drag as many items as you wish at one time. It is not expected that you will carry or drag all the items at one time. During this event, time will be added if you rest any of the garbage on the wooden props.

For Task 1, you will start in the rest area. At the Examiner's signal, the clock will be started. You will carry or drag eight items of garbage (8, 8, 8, 15, 15, 15, 25, and 55 pounds) through an opening between two wooden boxes simulating parked cars to a truck, step over the line on the floor with at least one foot, and place the garbage into the truck. Do not rest the garbage on the wooden boxes.

You will immediately proceed to **Task 2**. You will carry or drag eight items of garbage (8, 8, 15, 15, 15, 15, 25, and 45 pounds) over an obstacle simulating a snow bank, step over the line on the floor with at least one foot, and place the garbage in the truck.

You will immediately proceed to **Task 3**. You will carry or drag eight items of garbage (8, 8, 8, 15, 25, 25, 25, and

35 pounds) around a wooden box simulating a parked car, step over the line on the floor with at least one foot, and place the garbage in the truck.

You will immediately proceed to **Task 4**. You will carry or drag six items of garbage (8, 15, 15, 15, 25, and 65 pounds) between two wooden boxes simulating double-parked cars, step over the line on the floor with at least one foot, and place the garbage in the truck.

You will immediately proceed to **Task 5**. You will carry or drag seven items of garbage (8, 15, 15, 15, 25, 35, and 35 pounds) over a railroad tie, step over the line on the floor with at least one foot, and place the garbage in the truck. The Examiner will stop the clock for Event II when you have carried or dragged the last piece of garbage over the railroad tie and placed it in the truck.

This is the end of the physical test. Your gloves will be collected and you will be permitted to rest. You will then sign out and be escorted to the locker room where you can retrieve your possessions. You must then leave the building.

I hereby certify that I have read the description of the physical test for Sanitation Worker, Exam. No. 6063 and that I have examined

(Candidate's Name)

(Social Security Number)

and that there is no medical contraindication to this candidate taking the Sanitation Worker Physical Test.

(Physician's Signature)

(Physician's Name)

(N.Y.S. License Number)

(Date)

(Office Address)