



Physical Work Simulation Testing and Analysis

Job-related Physical Work Capacity Testing

Specific U.S. Department of Labor O*Net job descriptions are used for test protocols that can measure and analyze work capacity for:

1. Lifting, lowering, pulling, pushing, carrying, and placing of loads capability.
2. Common work posture capability/hand-eye coordination reaction time.
3. Grip and pinch forces.
4. Manual handling and finger dexterity testing.
5. Forearm and wrist strength.
6. Construction, manufacturing, transportation, service, and many other types of work.



Contacts

Please contact one of the work-readiness assessment specialists for questions and additional information.

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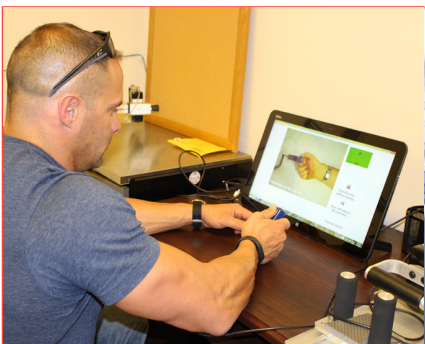
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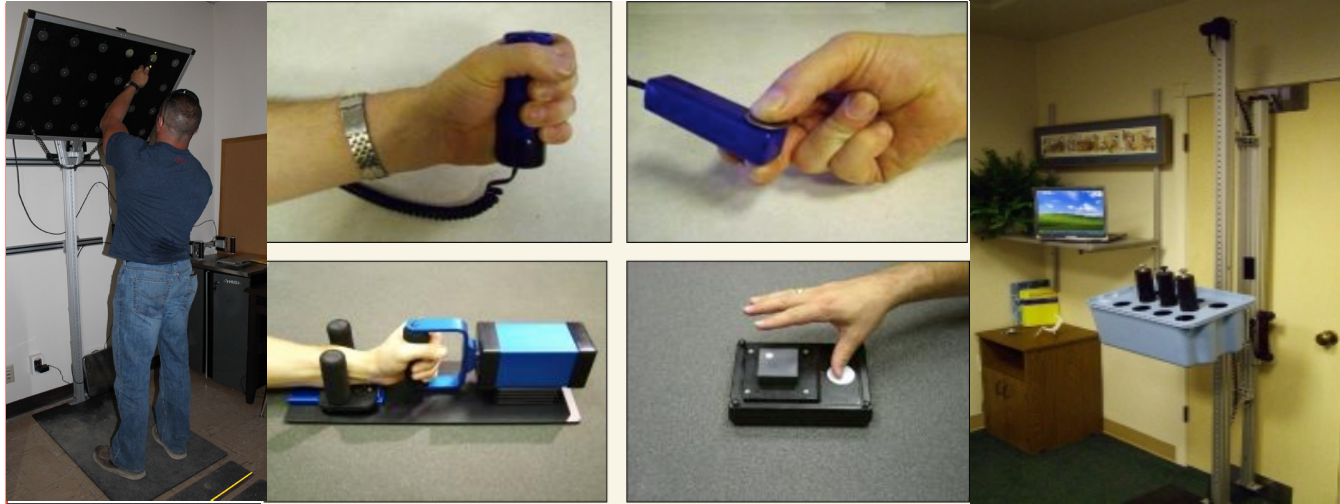


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Physical Work Capacity Assessment





ERGOS® Work Capacity Physical Assessment

ERGOS® is a computer administered, technician assisted work capacity assessment system. As a physical work task simulator it can measure and analyze upper extremity and whole body force exertions, postures, range of motion, movements under load, reaction time, and other physical and cognitive abilities required to perform work based on a specific job description and essential functions.

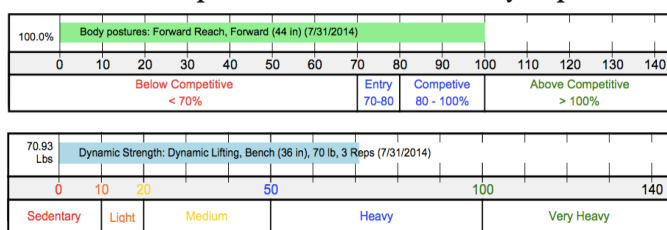
Participation in this evaluation is intended to provide an analysis and grading of physical work capacity that can be compared to a large sample of able bodied adult workers both male and female.

An easy to read and understand paper report summary is provided at the end of the test for review. The report can help confirm the ability to physically perform a specific job as well as highlight physical performance aspects that can be improved so that the job can be performed in a safe and productive manner. This is

useful information for employees and employers in proper job placement.

Volunteer test subjects will be asked to participate in a ERGOS® work simulation specific to their job training program and/or potential job placement for future employment. Test subjects will complete ten (10) tests of three (3) to five (5) repetitions each using weights, loads, and physical movements in accordance with a specific U.S. Department of Labor job description. The test takes about an hour to complete.

Sample ERGOS® Test Summary Reports



Q&A

How will I benefit from the ERGOS® assessment?

The ERGOS® assessment is a post-employment pre-placement physical work capacity evaluation. The assessment provides an excellent opportunity to know your current physical work capacity level for a specific job.

Are my test results confidential?

Yes. You will be assigned a unique identification number and your test results kept confidential.

Will I be able to view my results?

You will receive a printed test report at the end of the test with additional explanation from the technician.

Will my test results be used for research?

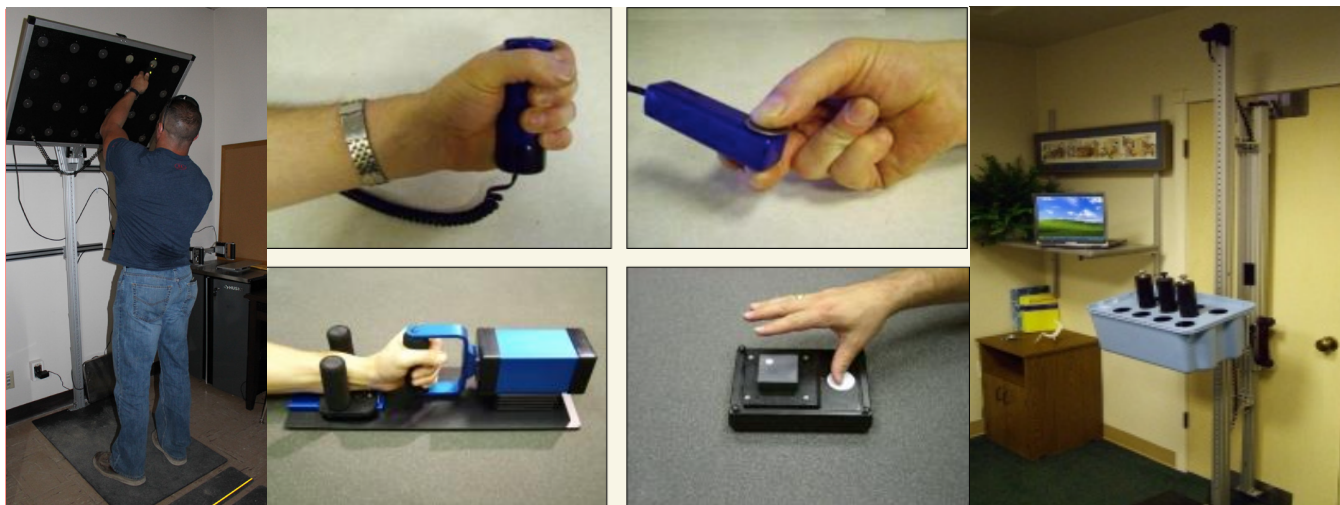
The results of all subjects tested will be compiled and analyzed for research purposes. All identifying information will not be published.

Who will perform the testing?

UNL research team members will administer the ERGOS® assessment.

Will the researchers be able to offer advice to improve my score?

No. However, you are encouraged to show your results to your physician, physical therapist, or certified physical trainer for advice.



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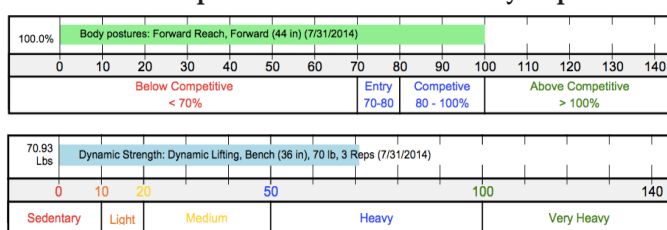
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