



## Boilermaker's Apprentice Recruitment Health Assessment

# Benchmark Health Assessment

- DO NOT Book Assessment prior to Boilermaker Approval
- *MUST BRING STEEL TOED BOOTS AND PHOTO ID*
- Give yourself a few hours to run through entire assessment

### *What you might expect*

- Blood Pressure
- Pulmonary test
- Audiometric test
- Kinesthetic movements
- Heart rate monitored during the whole examination
- Fully geared up with PPE- harness, hardhat, respirator and glasses
- Bolting and Unbolting- reaching over obstruction
- Confined space simulation
- Heavy lifts, up to 65lb
- Long carry, up to 45lb
- Sustained Grip test
- Stairs
- Ladder
- Overhead weighted lift, up to 45lb
- Wrench Push and Pull

## Drug and Alcohol Examination

- The 12-panel urine based drug test provides the Boilermakers a quick, convenient, and reliable option when testing workers for drug abuse. These tests will be completed at the testing facility. The results of the express 12-panel drug test are instant and qualitative, meaning they provide a negative or non-negative result.
  - Marijuana
  - Cocaine
  - Opiates
  - Monoacetylmorphine
  - Phencyclidine
  - Amphetamines
  - Methamphetamine
  - Ecstasy
  - Oxycodone
  - Benzodiazepine
  - Barbiturates
  - Propoxyphene
  - Methadone
- Alcohol testing measures the current level of alcohol in a donor's system. The resulting Breath/Blood Alcohol Concentration (BAC) is calculated immediately and no lab time is required.