



Post Offer Pre-Placement Evaluation Program

The purpose of the Post Offer Pre-Employment Evaluation Program (PEP) is to determine if applicants possess the level of strength necessary to perform essential job functions. The positions we currently test are: custodian, food service worker, special education instructional assistant, building & grounds maintenance worker, heavy equipment mechanic, bus driver, warehouse worker and delivery driver. The physical demands of each position were closely observed, measured, and examined by a job analysis expert. The collected information was used to determine the corresponding cutoff scores.

What if you are ill?

It is important that you are well-rested for the strength test. If you have had an illness previous to your scheduled test, and are still not feeling 100% better, please reschedule for a different day.

What if you fail the test?

Contact the District to find out when you may re-take the test.

COVID-19 Updated Info: Applicants are required to wear a face mask the entire time they are in the CCCSIG building. When you arrive at CCCSIG on the day of your test, please stay in your car and call 1-866-922-2744, ext. 239. The Strength Testing Technician will conduct a brief COVID-19 screening over the phone and provide additional instructions at that time. Only applicants will be allowed in the CCCSIG building. There are no public restrooms on site, so please plan accordingly.

What to DO:

- Bring photo identification, such as a driver's license, identification issued by the DMV, military identification or passport.
- Bring an interpreter if you have trouble understanding, reading, writing, or speaking English. *CCCSIG does not provide interpreters.*
- Wear comfortable clothing.
- Wear flexible shoes. No boots, clogs, heels or sandals. *Your appointment will be rescheduled if you are not dressed appropriately.*
- Eat and drink fluids as you normally do (with the exception of those fluids that contain caffeine or alcohol). Avoid eating a heavy meal immediately before the test.
- Consider bringing water with you as there is none available at the testing facility.
- Take your normal medications/prescriptions at your normal times.
- Bring your asthma inhaler, if asthmatic.
- Please park in the CCCSIG parking lot (disregard the chains blocking entrances).

What NOT to Do:

- DO NOT consume caffeinated products (coffee, tea, sodas) for at least four hours before your appointment.
- DO NOT smoke or chew tobacco products for at least four hours before your appointment.
- DO NOT drink alcoholic beverages or ingest/smoke/inject any illegal drugs before your appointment.
- DO NOT bring children to your appointment unless they are accompanied by another adult while you are in the testing room. Children are not allowed in testing room or alone in lobby.
- DO NOT engage in vigorous exercise before the test.
- DO NOT wear perfume, cologne, strong lotions or hair spray.



What Happens During the Test?

PRE-TEST CHECK:

A qualified technician will review your completed forms, which include an informed consent and health questionnaire, and allow time to answer questions. Your blood pressure and resting pulse will be checked to determine if it is safe for you to perform the strength test.

A CCCSIG Medical Clearance Form will be required if any of the following conditions apply:

During the Blood Pressure Check:

- Blood pressure is at or over 160/100
- Resting pulse is at or over 100

AND/OR:

- Any condition, such as a recent/past injury, sprain or surgery, exists that could further be worsened by the exertion of maximal force

AND/OR (In the past 5 years):

- Diagnosed as having heart or circulatory problems
- Frequently had pains in your heart or chest
- Often felt faint or had dizzy spells
- Been told by a doctor that you have a bone, muscle or joint problem that has been aggravated by exercise or could be made worse by exercise
- Been told by a doctor that you have a physical restriction, i.e., ability to lift

The CCCSIG Medical Clearance Form must be approved and signed by a physician before you can take the strength test. If you would like to obtain the Medical Clearance Form and instructions for submitting the form to CCCSIG in advance of your appointment, please contact CCCSIG at 1 (866) 922-2744 ext. 261. Note: Only the actual CCCSIG Medical Clearance Form will be accepted.

WARM-UP

This segment consists of 6-7 stretches and agility exercises including upper and lower body muscle groups.

STRENGTH TESTING INCLUDES:

Grip Test, Arm Lift, Torso Pull & Shoulder Lift



Each test will require you to exert maximal force for three seconds. Each test is performed three times with the first trial being a practice test, which does not count toward the final score. The score for each test is obtained by taking the average of the two maximum effort trials.

All four tests must be completed in order to pass. When testing is over, CCCSIG notifies the school district of your pass/fail status only, and not actual scores.

**NOTE: CCCSIG does not disclose pass/fail status or scores to applicants.*



To Schedule Your Appointment:

- Please call 1 (866) 922-2744 ext. 239.
- If you need to cancel or reschedule, please call the number above to let CCCSIG know as soon as possible.
- Our address is 550 Ellinwood Way, Pleasant Hill CA 94523 (we are the green building with white trim).
- Please feel free to park in the CCCSIG parking lot (disregard the chains blocking some entrances).
- If you are more than 20 minutes late for your appointment, you may need to reschedule.