

Minimum Physical Standard Video – General Information – Facilities Maintenance

The purpose of this video is to inform you of the requirements for all new hires receiving a conditional offer of employment with the Nebraska Department of Correctional Services for the following jobs: Custody/Unit Staff/Adult Parole; Facilities Maintenance; Food Services and LPN and RN positions.

The screen is performed in 2 parts. Part one is a general assessment of posture, range of motion and functional ability. Part two is specific to each job and focuses on tasks of minimum physical standard. These specific tasks have been identified by a survey of current associates and an observational evaluation of identified tasks. It is important to remember that this is not a fitness test but an examination of your ability to perform the minimum physical standard (MPS) of a specific job.

The test will take 45-60 minutes. Proper attire for testing will include loose fitting, fitness type clothing and athletic footwear. This will allow the examiner the ability to perform accurate assessments and allow the applicant unrestricted movement during testing.

Upon successful completion of the MPS you will then move on to the medical examination. If after viewing this video you feel you will need accommodation for a specific disability please contact the ADA Coordinator at 402.471.2654. For full details of the testing process please review the written information provided in the [Minimum Physical Standard \(MPS\) Screen](#) overview previously provided to you.

To view the video segments please begin by clicking on the link to the section for [General Examination for all Categories](#).

Facilities Maintenance

“Facilities Maintenance personnel will be asked to demonstrate the ability to:

“Carry 62 pounds with 1 hand for a distance of 30 feet.”

“Using appropriate body mechanics, lift 100 pounds from 18 to 18 plus inches.”

“You will then be asked to lift 70 pounds from floor to knuckle height using the appropriate lifting mechanics.”

“Finally you will be asked to maneuver a lever from 30 inches to 52 inches with 75 pounds of force.”