

# WorkSTEPS™ Pre-employment Physical

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

School District: \_\_\_\_\_  
Email Address: \_\_\_\_\_

Job Classification(s) testing for: (check all that apply >1 requires additional time and increased cost)

Activities Director  
 Athletic Director/Coaches  
 Building Attendant/Utility Worker  
 Bus Aide – Special Needs  
 Bus Driver  
 Bus Driver – Special needs  
 Bus Mechanic/Vehicle & Equip. Mechanic  
 Campus Liaison/Security  
 Computer Technician  
 Clerical Staff  
 Custodian  
 Extended Day Worker  
 Food Services Worker  
 Groundskeeper  
 Librarian

Lifeguard  
 Maintenance Worker  
 Paraprofessional Pre-school Worker  
 Paraprofessional Special Education Aide  
 Principal/Superintendent  
 Teacher -Classroom  
 Teacher – Physical Education  
 Teacher – Vocational Agriculture/Metal Work  
 Teacher – Voc. Family Sciences/Art/Drafting  
 Teacher – Vocational – Wood/Auto Shop  
 Technology IT  
 Warehouse Deliver/Pony Driver  
 Water Aerobics Instructor  
 Yard Duty

Testing by Appointment available in: (See maps of these locations on other side of this page)

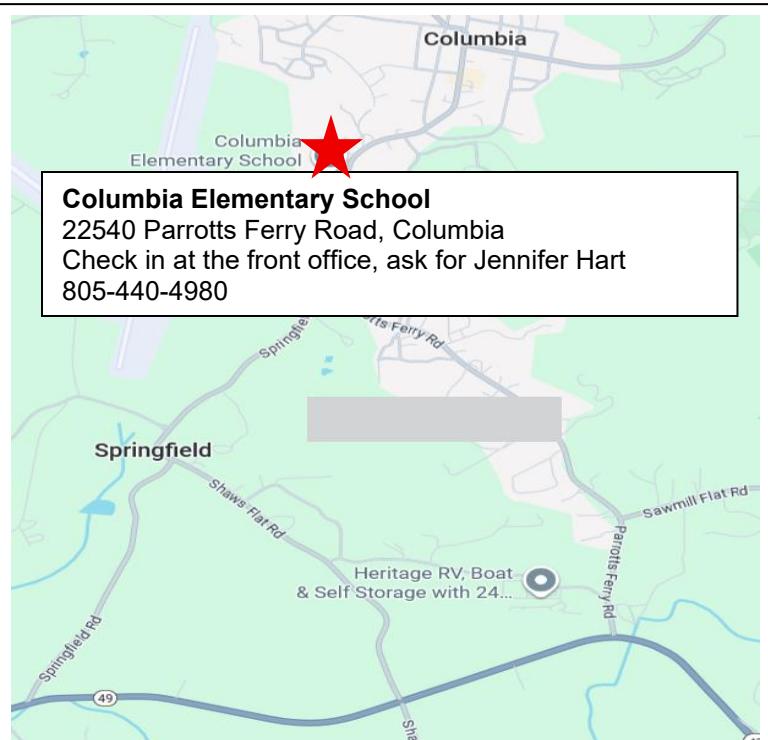
<b>Sonora:</b> Adventist Health at the Pavilion <b>209-536-6920</b> Eunice Sham, DPT <b>Fax to Pre-register 209-536-6953</b>	900 Mono Way, Sonora, CA 2 <sup>nd</sup> floor Rehabilitation Services Department
<b>Columbia:</b> Columbia Elementary School <b>805-440-4980</b> <b>Jennifer Hart, DPT</b> If no answer, please leave a message	22540 Parrotts Ferry Rd, Columbia, CA <b>Check in at the front office</b>
<b>Folsom:</b> Sacramento Spine & PT <b>916-932-1210</b> Marsha Aranda, DPT	700 Oak Ave Pkwy, Folsom, CA
<b>Valley Springs:</b> Golden Bear Physical Therapy <b>209-584-1007</b> Josiah Lozano, DPT	1906 Vista Del Lago Dr, Unit A Valley Springs, CA
<b>Sparks, Nevada:</b> Custom Physical Therapy <b>775-331-1199</b> Sarah Perez, PT Hunter Pulley, DPT	1450 East Prater Way, Suite 103, Sparks, Nevada

Appointment: \_\_\_\_\_ District Contact Name/Number: \_\_\_\_\_  
\*\*If an employee needs to reschedule, they must notify their employer and the testing facility at least 24 hours prior to their test date. A no-show without notification may result in forfeiting the position. The clinic has the right to refuse service, following which the district will be notified. \*\*

**Fax this form to 877-854-1907, or email to [sharon@snnarotech.com](mailto:sharon@snnarotech.com), and then give form to the job applicant to take to appointment**

## RECOMMENDATIONS FOR TESTING

1. A Photo I.D. is required for all applicants.
2. Wear loose fitting and comfortable clothing. (**Preferably shorts**)
3. Wear tennis shoes or low top shoes if possible.
4. If you smoke, try to refrain approximately 30 minutes to 1 hour prior to testing.
5. Try to eat something light approximately 30 minutes to 1 hour prior to testing.
6. Do not drink ANY alcoholic beverages on the day of testing.
7. If you are ill, please notify our staff and we will reschedule you if necessary.
8. Please notify the employer if you anticipate any accommodation to perform the physical requirements of this test.
9. The test takes approximately two hours. Plan your schedule accordingly.



### Columbia Elementary School

22540 Parrotts Ferry Road, Columbia

Check in at the front office, ask for Jennifer Hart  
805-440-4980



### Golden Bear PT

Valley Springs

1906 Unit A Vista Del Lago Drive  
(Next to Fusion Grill in theTerrace)

209-584-1007

