



Applicant Notice Strength and Stamina Test

The Strength and Stamina Test is a test of physical abilities. Applicants must be physically able to perform efficiently the duties of the position.

During the test, you will be required to lift and carry two 70-pound sacks, one at a time, 15 feet and load these on a hand truck. You will then push this truck to where there are some 40, 50, and 60-pound sacks piled in the floor. Next you will load the 40,50, and 60-pound sacks onto the truck. Finally, you will unload the truck and return the truck to its original location.

For this test, you must wear appropriate clothing in which you can work. Keep in mind that your clothing may get dirty. Appropriate clothing is not tight (due to the possibility of damage or tearing) or too loose. Footwear should **not** be thong or other sandals, cloth or canvas tennis shoes or sneakers, slippers, opened-toed or high heel shoes which do not adequately protect feet. Athletic shoes with leather uppers are permitted.

Please complete the following items. **You must bring this properly completed notice to take the test.**

Name (First, MI, Last)	Social Security Number
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Do you have a physical condition that could affect your ability to repeatedly lift 70 pounds? Examples: Heart Trouble, Hernia, Rupture, Back Trouble, and, for women, Pregnancy.

(Check Box)

Yes No

Signature	Date
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If you checked yes above, you must bring a letter from your doctor stating that he or she has read and understands the contents of this notice and that you can perform the tasks without risk of physical injury or harm. The letter must be brought with you to the test and will be reviewed. The test cannot be given to you if this release is not provided.

Privacy Act Statement: The collection of this information is authorized by 39 USC 410 (b) and 1001. This information will be used to determine your suitability for employment. As a routine use, the information may be disclosed to an appropriate government agency, domestic or foreign, for law enforcement purposes; where pertinent, in a legal proceeding to which the USPS is a party or has an interest; to a government agency in order to obtain information relevant to a USPS decision concerning employment, security clearances, contracts, licenses, grants, permits or other benefits; to a government agency upon its request when relevant to its decision concerning employment, security clearances, security or suitability investigations, contracts, licenses, grants, or other benefits; to a congressional office at your request; to an expert, consultant, or other person under contract with the USPS to fulfill an agency function; to the Federal Records Center for storage; to the Office of Management and Budget for review of private relief legislation; to an independent certified public accountant during an official audit of the USPS finances; to an

investigator, administrative judge or complaints examiner appointed by the Equal Employment Opportunity Commission for investigation of a formal EEO complaint under 29 CFR 1613; to the Merit Systems Protection Board or Office of Special Counsel for proceedings or investigations involving personnel practices and other matters within their jurisdiction; and to a labor organization as required by the National Labor Relations Act. If this information is not provided, you may not receive full consideration for a position. Disclosure by you of your social security number is mandatory to obtain the services, benefits, or processes that you are seeking. Solicitation of the social security number by the United States Postal Service is authorized under provisions of Executive Order 9397, dated November 22, 1943. The information gathered through the use of the number will be used only as necessary in authorized personnel administration processes.

For Office Use Only			
Released	Not Released	Examiner Initials	Date
Passed	Failed	Examiner Initials	Date