Candidate: _____ Date: _____

ID#: _____

Skill Drill 4-1 Power Lift

Task: Perform the power lift.					
Performance Observations: The candidate shall be able to correctly perform the power lift.					
Candidate Directive: "Properly perform the power lift."					
No.	**Task Steps**	**First Test**		**Retest**	
		P	F	P	F
1.	Position your feet about 15" apart (shoulder width) and bend your legs to lower your torso and arms. Grasp the backboard, palms up. Balance and center the weight between your arms.				
2.	Lift by straightening your legs until you are standing. Make sure your back is locked in and that your upper body comes up before your hips.				
3.	Keep the weight as close to your body as possible and avoid bending at the waist or twisting.				
Retest Approved By:		Retest Evaluation:			

Evaluator Comments: _____

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Candidate Comments: _____

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Evaluator	Date	Candidate	Date
Retest Evaluator	Date	Retest Candidate	Date

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