



**PHYSICAL TEST AND SYLLABUS FOR THE POST OF
GANGMAN(TRAINEE)**

1. PHYSICAL TEST:

i) The Physical Test shall contain 3 activities as detailed below:-

a) Activity - i

POLE CLIMBING AND CROSS ARM FIXING - The candidate has to properly wear the belt rope, have to climb the 9 meters PSC pole (ie., 30 feet pole) and have to carry along with him one end of rope in which the other end will be kept tied with 3 - phase cross arm. The candidate has to fix the wooden support for foot rest, have to tie the belt rope with the pole for safety purpose and have to fix the 3 - Phase Cross Arm at the top of the pole securely and he should have to safely climb down. The above process should be completed within 8 minutes in one chance.

b) Activity - ii

Plaiting of rope with AAAC 7/3.15 mm conductor, marking and fixing the conductor on creeper, binding and fixing in the HT Disc and inserting the M.Pin. The above process should be completed within 2 minutes in one chance.

c) Activity – iii

The candidate has to successfully Lift and Carry 3 Nos. of 3 1/2 feet V-Cross Arm (around 35 kg) for a distance of 100 meters in one minute in one chance without putting the weight down.

ii) Those who have not properly tied the belt rope will not be allowed for further participation in the physical test and such candidates will be deemed to be considered as failed in the physical test.

iii) The candidates should not use any device for climbing the pole.

iv) The candidate who successfully completes the first activity alone will be permitted for second activity and those who completes first and second activity alone will be permitted for third activity.

v) The candidates who have passed all the above activities alone will be permitted to appear in the Competitive Written Examination for further selection process.

vi) No points or marks or priority will be given in the written examination based on the performance in the above physical activities.

vii) No exemption will be provided to woman or Differently Abled Persons or any other persons who are unable to (or) refuse to perform the physical test and such candidates will be deemed to be considered as failed in the physical test.

2. Syllabus for the written examination:

The syllabus shall cover the topics of Safety measures, electric safety, safety equipments, first aid, LT & HT equipments, General Knowledge". Questions will be in Tamil and English languages.

Chief Engineer/ Personnel.