

PROCEDURAL GUIDANCE MESSAGE

Name and Grade of Action Officer MSgt James Chenaille				Office Symbol RSOPA		Series Number 632		Signature of Action Officer			Implementation Date: 15 Jul 04
	To	Action	Initials/Date		To	Action	Initials/Date		To	Action	Initials/Date
1	RSOP/ CCU	Coord	RSOP _____ CCU _____	5				9			
2	JA	Coord	JA _____	6				10			
3	RSO/ CCU	APPR	RSO _____ CCU _____	7				11			
4	RSOPA	X-MIT	_____	8				12			

FROM: HQ AFRS/RSO

SUBJECT: Applicant Weight Lifting for X-Factor

TO: All Operations/MEPS Personnel

1. The following information and guidelines are provided to instruct all MEPS personnel on proper weight lifting techniques for the X-factor

2. GENERAL INFORMATION:

The X-factor is a measurement of an applicant's strength level and ability to perform critical jobs in the Air Force. Each job requires a certain strength level. Since September 2002, the MEPS medical section was no longer required to perform this test for AF applicants. The responsibility for this was transferred to each AF liaison office. We understand that some MEPS medical sections still do the X-factor for the AF, but ultimately, it is the responsibility of each MEPS MLS/LNCO to obtain the correct X-factor for job consideration.

3. INSTRUCTIONS:

- a. With the applicant facing the Incremental Lifting Device (ILD), have them grasp the handles with an overhand grip, palms down. Their feet should be approximately shoulder width apart. Have them bend their knees slightly and keep the back as erect as possible.
- b. Have the applicant perform an overhead press, lifting the weights as smoothly and comfortably as possible, ensuring either they reach the AF level that is marked on the machine or to a full arm extension. They will not use their lower body during the press.
- c. Be sure to start at level "G" (40 lbs) for all applicants. If they are able to lift this, go to the next level "H" and so on. The test is continued in this manner until one of the following events occur: (1) the applicant elects to stop, (2) the applicant is unable to raise the weight to the proper level (without excessive struggling), or (3) they have lifted all the weights up to the 110 lb maximum allowed.
- d. If the applicant at any time fails at a weight level, the previous lift level will be their X-factor.
- e. Once you have obtained the maximum X-factor, annotate AETC Form 1408, Job Screening Worksheet, with the appropriate letter (F thru P). NOTE: The letter E indicates NOT TESTED/letter F is less than 40 lbs and is failing. Place "X-factor _____" in remarks section. **NOTE:** For the MEPS who still have the medical section perform the X-factor and have it annotated on the physical, it MUST still be annotated on the AETC Form 1408.

4. Refer any questions, through your appropriate chain of command, to HQ AFRS/RSOPA at DSN 487-6188 or commercial (210)652-6188.

FOR THE COMMANDER

DANIEL WOOLEVER, Lt Col, USAF

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