## PHYSICAL DEMANDS

**Job Title:** Painter  
**Position #:** 000613

**Hours:** 40  
**Breaks:** 30 min x 1, 15 min x 1  
**Overtime:** 16 Hours per year

**Work Environment:** 90% indoors (approximation)

**Special Requirements:** Drivers Licence

### Task | R | O | F | C | Description
--- | --- | --- | --- | --- | ---
**Lift** | 75 | *Up to 75 lbs per person to lift and move furniture;* *52 lbs* (one person) to *150 lbs* (2 person) to move furniture, *65 lbs* 5 gallon pale sheetrock, *50 lbs* 10 ft extension plank, *45 lbs* case of 4 gallon cans of paint rarely or *11 lb* gallon of pain frequently, *30 lbs* “Bakers staging”,  
**Carry** | 75 | *Up to 75 lbs per person to move furniture for short distances within rooms.* *65 lb* bucket of sheetrock (1 person); *50 lbs* to carry up to a 20 ft step ladder (1 person); *80 lbs* carry of a 32 ft extension ladder (2 person). Sometimes ladders need to be carried up stairs. *30 lbs* to carry staging, and *50 lbs* for extension planks. *45 lb* cases of paint or 11 lb cans of paint. These items will on an occasional basis need to be carried up/down stairs.
**Push** | 60 | *40 - 60 lbs to push furniture short distances within rooms.*  
**Pull** | 60 | *40 – 60 lbs to pull furniture short distances within rooms.*  
**Sit** | X | On rare occasions to perform or drive to a job otherwise the option of sitting during breaks.  
**Stand/Walk** | X | *Most all work is performed from a standing position*  
**Bend/Squat** | X | *To paint and prepare areas below waist level.*  
**Crouch/Kneel** | X | *To paint and prepare areas below waist level.*  
**Twist/Turn** | X | *Working in confined spaces and when reaching for paint or plaster.*  
**Crawl** | X | *To work under desks or in low confined spaces.*  
**Climb** | X | *Climbing small step ladders up 32 foot extension ladders. Climbing can be on a frequent basis.*  
**Reach** | X | *Constant reaching while painting, staining, plastering or sanding. Reaching will include overhead as well as below waist level. Reaching normally includes holding equipment and using some force i.e. paint brushes and rollers.*  
**Handle** | X | *Constant handling of equipment to perform work tasks, i.e. paint brush, roller etc.*  
**Finger** | X | *To perform precision painting work and operate buttons and switches.*  
**Balance** | X | *Working with two hands from a ladder. Carrying equipment with both hands up/down stairs. Working from 12 foot bakers staging; working 30-40 foot above ground in a JLG.

| Rare (R) | 1 - 10% | 1 - 5 min/hr | < 1 hr/day |
| Occasional (O) | 11 - 33% | 6 - 20 min/hr | 1 - 2 ½ hr/day |
| Frequent (F) | 34 - 66% | 21 - 40 min/hr | 2 ½ - 5 ½ hr/day |
| Constant (C) | 67 - 100% | 41 - 60 min/hr | > 5 ½ hr/day |

*Essential Work Task*

**Evaluator:** Mark Coleman, OTR/L  
**Date:** 11/28/12