

## PHYSICAL DEMANDS

<b>Job Title:</b> Carpenter					<b>Position #:</b> 000754
<b>Hours:</b> 40		<b>Breaks:</b> 30 min x 1, 15 min x 1		<b>Overtime:</b> 16 hours per year, rarely more.	
<b>Equipment:</b> Compressor, chop saw, portable table saw, power tools, ladders (step & extension)					
<b>Work Environment:</b> 90% indoors (approximation)			<b>Special Requirements:</b> State & Middlebury College Drivers License		
Task	R	O	F	C	Description
<b>Lift (lbs)</b>		62	20 - 30		* <b>120 lb</b> portable table saw (2 person) rarely; *treated lumber weighing up to <b>110 lbs</b> (16 ft x4" x 6") (2 person lift); *5/8" 8 x 4 drywall ( <b>70 lbs</b> ) (two person); *3/4" 8 x 4 sheet plywood ( <b>56 lbs</b> ); *8 x 4 sheet particle board ( <b>84 lbs</b> ) (2 person); * <b>75 lb</b> counter top (2 person); * <b>40 lb</b> chop saw; *up to 32 ft extension ladders ( <b>75 lbs</b> ) (two person lift); buckets of sheetrock mud ( <b>62 lbs</b> ). *Frequent lifting of tools, tool bag and equipment (20 lbs – 30 lbs).
<b>Carry (lbs)</b>		62	20 - 30		*Frequent carry of tools, tool bag and equipment ( <b>20 lbs – 30 lbs</b> ); *Occasional carry of sheets drywall, plywood, lumber ( <b>25 lbs – 110 lbs</b> ) (2-person carry), sheetrock mud ( <b>62 lbs</b> ) & 10' ladder ( <b>40 lbs</b> ). *Occasionally carrying involves climbing stairs while carrying items.
<b>Push (lbs)</b>		60			* <b>40lbs - 60 lbs</b> to move furniture (i.e. sofa's, fridge, stoves, beds) in college buildings.
<b>Pull (lbs)</b>		60			* <b>40lbs - 60 lbs</b> to move furniture (i.e. sofa's, fridge, stoves, beds) in college buildings.
<b>Sit</b>	X				Generally on breaks, but some jobs may require sitting on rare occasions.
<b>Stand/Walk</b>				X	Standing or walking most of day.
<b>Bend/Squat</b>			X		Frequent bending or squatting to perform tasks below waist level.
<b>Crouch/Kneel</b>			X		Frequent crouching or kneeling to perform tasks below waist level.
<b>Twist/Turn</b>		X	X		On occasions twist and turning may be frequent when handling equipment or working in confined spaces.
<b>Crawl</b>	X				On a rare basis crawling is involved when working in confined spaces or at floor level.
<b>Climb</b>			X		Frequent use of stairs and ladders is common. Will need to be able to work with hand tools from a ladder. Sometimes this does not allow you to hold the ladder for support.
<b>Reach</b>				X	Constant reaching. Most common will be forward reaching, however overhead and low reaching can at times be frequent. Reaching is often combined with holding hand tools.
<b>Handle</b>				X	Constant handling of tools and fixtures. Most tools are power tools such as drills and saws. Some vibration is produced from power tools.
<b>Finger</b>			X		Occasional use of fingers when working with small objects such as nuts and bolts and operation buttons on power tools.
<b>Balance</b>		X			Occasionally working outside in winter conditions that include ice. Working with both hands while standing on ladders. Carrying objects up and down stairs.

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

\*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

Updated: 08/09/17