

## PHYSICAL DEMANDS

<b>Job Title:</b> Skilled Trades Technician					<b>Position #:</b> Pending
<b>Hours:</b> 40		<b>Breaks:</b> 1 x 30 min + 1 x15 min			<b>Overtime:</b> Occasional
<b>Equipment:</b> Ladders, lifts, powered and manual hand tools, tool bag, protective equipment (gloves, face shield), gator, van.					
<b>Work Environment:</b> Working at heights, mostly indoors, loud, dusty hot.				<b>Special Requirements:</b> State & College Drivers License	
TASK	R	O	F	C	DESCRIPTION
<b>Lift (lbs)</b>	100	40-65	25-50		Up to <b>100 lbs</b> when lifting event cable or *emergency batteries; <b>*75 lbs</b> per person to lift motor (200-250 lbs), <b>*40-65 lb</b> motors from overhead shelf (2 person); *ladders 30ft long weighing <b>80 lbs</b> (2-person), *20 ft step ladder weighing <b>50 lbs</b> (1 person). *Air conditioner <b>25-50 lbs</b> frequent lifts 2 x/yr.
<b>Carry (lbs)</b>		52	25-50		<b>*52 lb</b> 24ft extension ladder occasionally, <b>*50 lb</b> 20 ft step ladder (1 person), <b>*80 lb</b> 30 ft extension ladder (2 person), <b>*15 - 30 lb</b> tool boxes occasionally. <b>*50 lb</b> batteries. <b>25-50 lbs</b> per person AC units up/down stairs frequently 2 x/yr.
<b>Push (lbs)</b>		100			<b>*100 lbs</b> to push "Genie Lift" up ramp outside of indoor tennis courts. <b>*90 lbs</b> to push "Genie Lift" over floor transition inside basketball arena. <b>*80-100 lbs</b> to maneuver heavy motors, <b>*80 lbs</b> to move stoves. <b>*100 lbs</b> force to loosen pipe fittings with wrench. <b>*100 lbs</b> force to open/close valves.
<b>Pull (lbs)</b>		100			<b>*80-100 lbs</b> to maneuver heavy motors, <b>*80 lbs</b> to move stoves. <b>*100 lbs</b> force to loosen pipe fittings with wrench. <b>*100 lbs</b> force to open/close valves. <b>*90 lbs</b> of force needed to pull "Genie Lift" over floor transition inside basketball arena. <b>*80 lbs</b> to pull/drag a coil of event cable.
<b>Sit</b>	X	X	X		In control room of heating plant (option to stand), working at low levels, driving to worksites and at times when performing work tasks.
<b>Stand/Walk</b>		X	X	X	*Throughout the workday. Mostly indoors (concrete, metal grate, stairs, wood, rubber, vinyl and carpet). Occasionally outdoors in seasonal conditions (grass, gravel, snow, ice). Sloping ground. Often standing in one position for extended periods of time. Limited ability to sit in some instances.
<b>Bend/Squat</b>			X		*When working on tasks or equipment that are below waist level.
<b>Crouch/Kneel</b>			X		*When working on tasks or equipment that are below waist level.
<b>Twist/Turn</b>			X		*When working in tight spaces. Moving barrels or handling buckets of sand.
<b>Crawl</b>	X				*Crawl spaces to work from. Inside equipment when maintenance outage occurs.
<b>Climb</b>			X		*Stairs and ladders. Often also involves carrying tools and equipment. Sometimes carrying with two hands while climbing stairs. Occasionally working from ladders outside. Extension ladders up to 32 ft.
<b>Reach</b>				X	*30% of work can be overhead. A significant amount of this can be while working with two hands from a ladder. Reaching to work on equipment while holding tools.
<b>Handle</b>			X		<b>*80 lbs</b> grip force to operate heavy equipment and tighten/loosen pipe fittings *Working with hand tools, power tools, pulling wire, climbing ladders, motors, valves, compressors, pipe, appliances
<b>Finger</b>			X	X	*Working with wires, nuts and bolts, computer, pen, chemical test equipment.
<b>Balance</b>			X		*Working from 30 ft ladders, on occasions without hand support. *Working from hoists 60 ft high. *Climbing stairs while carrying objects. *Walking across wet grass, snow and ice at times.
<b>Senses</b>			X		*Good hand sensation and vision. Able to distinguish colors.

<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