

PHYSICAL DEMANDS

Job Title: Painter					Position #: 000613
Hours: 40		Breaks: 30 min x 1, 15 min x 1		Overtime: 16 Hours per year	
Equipment: Ladders (step & extension), Mechanical Lifts, Brushes, Rollers, Hand Truck.					
Work Environment: 90% indoors (approximation)			Special Requirements: State & Middlebury Drivers License		
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, * 62 lbs 5 gallon pail sheetrock mud, * 50 lbs 10 ft extension plank, 45 lbs case of 4 gallon cans of paint rarely or * 11 lb gallon of paint frequently, * 30 lbs "Bakers staging" rarely.
Carry		75	11		*Up to 75 lbs per person to move furniture for short distances within rooms. * 62 lb bucket of sheetrock mud (1 person); * 40 lbs to carry up to a 10 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 rarely. 45 lb cases of paint rarely or 11 lb cans of paint frequently. These items will sometimes need to be carried up/down stairs.
Push		60			* 40 - 60 lbs to push furniture short distances within rooms. Using a hand truck to move items.
Pull		60			* 40 - 60 lbs to pull furniture short distances within rooms. Using a hand truck to move items.
Sit	X				On rare occasions to perform work tasks 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	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 be overhead occasionally. 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 on a rare basis. 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

*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

Updated: 08/09/17