

## PHYSICAL DEMANDS

<b>Job Title:</b> Heating Plant Operator					<b>Position #:</b> 000437
<b>Hours:</b> 40 hrs x/week (4 x 10 hrs x/day)			<b>Breaks:</b> NA		<b>Overtime:</b> Occasional voluntary over time.
<b>Equipment:</b> Manual and powered hand tools (wrenches & drills etc) , ladders, protective equipment (gloves, face shield etc)					
<b>Work Environment:</b> 95% indoors & 5% outdoors. Some areas up to 120 degrees F. Loud or dusty on occasions.					
TASK	R	O	F	C	DESCRIPTION
Lift	52	50			Lift a 24 ft extension ladder ( <b>52 lbs</b> ). Lifting and dumping ( <b>50 lb</b> ) buckets of sand (30-60 buckets once every 10 weeks). Task may take approximately 15 minutes. Lift <b>40 lbs</b> salt bags from floor to shoulder level 1-3 x/day. *Oil gun ( <b>35 lbs</b> ) lift to 6 ft 6" above the ground. Perform this while wearing gloves and standing on a ladder. Lift bin containing wood chips ( <b>35 lbs to 70 lbs</b> ) from floor to 3 feet high occasionally (option of taking smaller quantities if needed).
Carry	52	50			Carry a 24 ft extension ladder ( <b>52 lbs</b> ). Carry bucket of sand weighing <b>50 lbs</b> 10 feet across sloping floor and tip contents out (30-60 buckets once every 10 weeks). Task may take approximately 15 minutes. *Carry <b>40 lb</b> bags of salt 10 ft 1-3 x/day; * <b>35 lb</b> oil gun 30 feet and carry tools and parts up/down stairs.
Push		100			* <b>100 lbs</b> push force to open/close chain valve. Push is performed from overhead level to chest level. * <b>80 lbs-100 lbs</b> of force to open/close wheel valve. Both these tasks are performed occasionally. Maneuvering 55 gallon drum off/on a hand truck ( <b>65 lbs</b> )
Pull		100			* <b>100 lbs</b> pull force to open/close chain valve. *Pull is performed from overhead level to chest level. <b>80 lbs-100 lbs</b> of force to open/close wheel valve. Both these tasks are performed occasionally. Maneuvering 55 gallon drum off/on a hand truck ( <b>65 lbs</b> )
Sit			X		Most sitting is performed in the control room monitoring gauges. The option of standing is available.
Stand/Walk			X		Minimal sustained periods of standing in one place, most activity involves walking relatively short distances. Standing and walking is mostly on concrete floors, occasionally on sloping surfaces, metal grate and stairs.
Bend/Squat	X				Bend or squat to read gauges and adjust controls.
Crouch/Kneel	X				Bend or squat to read gauges and adjust controls.
Twist/Turn		X			*Twisting and turning required on occasions when checking or adjusting equipment positioned in tight spaces. Some twisting when moving barrels or handling buckets of sand.
Crawl	X				Crawling inside equipment when a maintenance outage occurs.
Climb		X			Climbing fixed as well as step or extension ladders up to 24 feet high. Will need to climb ladder while carrying tools or equipment in one hand.
Reach			X		*Most reaching is between waist to shoulder level, occasionally overhead or extended forward.
Handle		X			*Working with tools and valves.
Finger		X			*Working with computer, pens and performing chemical tests.
Balance		X			*Climbing stairs while carrying object/s in both hands; climbing ladders up to 24 feet and holding tools or equipment in one hand. Walking on sloping floor.

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