

PHYSICAL DEMANDS

Job Title: Delivery Worker					Position #: 000466
Hours: 40 hrs/week		Breaks: 1 x 30 min & 1 x 15 min		Overtime: 21 hrs x/yr (approximate)	
Equipment: Truck, hand truck, computer, cart.					
Work Environment: Indoors: 30 % Outdoors: 70%					
Task	R	O	F	C	Description
Lift (lbs)	75		50		Lift 75 lb sack of mail from floor to up to 30" high from the back of the mail truck onto the loading dock. 50 lbs to lift a case of copy paper up to 20 times from the floor to waist level. Sporting equipment e.g. 10 cases of Lacrosse balls 1 x yr at 37 lbs per case.
Carry (lbs)		50			Short distance carry (< 10 feet) of cases of copy paper (50 lbs), sports equipment such as cases of lacrosse balls (36 lbs). Carry can be up to 50 yards, however, a hand truck is available. Occasionally has to carry parcels up & down stairs. Often carrying with two hands while walking and climbing steps/stairs.
Push (lbs)			50		Pushing mail carts weighing up to 300 lbs 8 x/year. Pushing hand truck with up to 150 lbs of weight on it along pathways.
Pull (lbs)	80	75	50		On rare occasions 80 lbs of force is required to pull/lift a loaded cart (300 lbs) over a doorway transition that is ½" high. 75 lbs of force to pull up/down the back roller door of the delivery truck 15-20 x/day. Two hands can be used to perform task. To open the door the pulling is from handle positioned 3" above the floor to 78" high and the reverse when closing the door. Pull/drag a full sack of mail (75 lbs) across floor requires 30-40 lbs force. 50 lbs of force is required to pull a hand truck with up to 150 lbs of weight on it, up to 50 yards and up/down steps, up/down ramps.
Sit			X		Mostly driving for 3-4 hours per day. 1 hour per day working at computer. Has the option of sitting or standing.
Stand/Walk			X		Frequent short walks in and out of college buildings. Generally carrying items when walking. Walking mostly on concrete pathways when outside. On occasions walking on snow covered or icy ground during winter months. 1 hour per day working at computer. Has the option of sitting or standing.
Bend/Squat		X			Occasional bending or squatting to read or write on a package or to lift packages from a low surface. Able to stand upright in back of delivery truck.
Crouch/Kneel		X			Occasional crouching or kneeling to read or write on a package
Twist/Turn			X		Frequent twisting and turning to get in and out of delivery truck driver seat and putting seat belt on.
Climb			X		Frequent climbing in/out of truck (2 steps) 20-100 x/day. Steps on truck range from 12" to 20" high. Climbing of stairs in college buildings while carrying parcels or pulling a hand truck. Has the option of using the elevator in most buildings.
Reach				X	Most reaching is within 15" (near reaching) and below shoulder level such as steering the delivery truck and handling packages. Overhead reaching to 78" high handle to perform a forceful pull up/down the roller door at the back of the delivery truck 15-20 x/day.
Handle				X	Many tasks required two handed handling, such as lifting and carrying large parcels and driving delivery truck. It is rare not to have anything in your hands.
Finger		X			Two handed fingering to operate computer and on occasions one handed fingering to operate controls when driving the delivery truck.
Balance			X		Walking outdoors during winter months when the pathways could have snow and ice on them. Frequent climbing in/out of truck. Carrying with two hands while walking and climbing stairs.
Senses (see, etc)					Sight (constant), touch (constant) hearing (constant). Frequently transitioning from very cold outside to warm inside or hot outside to warm inside.

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 Function

Evaluator: Mark Coleman, OT

Created: 02/09/17