

PHYSICAL DEMANDS

Job Title: Vehicle Mechanic A & B					Position #: 000609 & 000460
Hours: 40		Breaks: 30 min x 1 & 15 min x 1		Overtime: Required in winter	
Equipment: Hand tools, lifts, jacks, tire balancer, tire changer.					
Work Environment: 85% indoors				Special Requirements: College & Regular Driver's License. CDL License	
TASK	R	O	F	C	DESCRIPTION
Lift	115		80		*Lift 115 lb jack from ground to back of truck (30" high). *Lift 105 lb 15 gallon oil container. Handle truck tires & rims that could weight 100 lbs to 200 lbs. *Able to lift at least 100 lbs to get a tire off and on a vehicle; a balancer; a wheel changer or into the back of a pickup. Jacks and lifts are used to minimize the degree of heavy lifting. *Lift 100 lb wheel (tire + rim) to 30" off the ground onto a tire changer. *Truck batteries up to 90 lbs ; *starter motor up to 80 lbs ; * 90 lb one person lift of cutting edge and 130 lbs to two person lift of 8 ft long cutting edge. During change of seasons, lifting tires off and on vehicles can be on a frequent basis (80 lbs ave).
Carry	90		10 – 30		* 90 lb cutting edge 10-20 foot carry (1 person) and 130 lb two person carry of heaviest cutting edge for snow plough. Items such as truck tires, batteries etc can be placed on trolleys or wheeled to location of use.
Push		150			* 150 lbs for a short sharp push to connect or disengage snow plough to/from truck. * 72 lbs to maneuver 55 gallon drum of oil off or on platform.
Pull		150			* 150 lbs for a short sharp push to connect or disengage snow plough from truck. * 150 lbs to maneuver 55 gallon drum of oil off or on platform.
Sit		X			Some sitting to perform desk work. Occasionally working from a stool when working on vehicles.
Stand/Walk			X		*The majority of work will require standing or walking in order to perform work tasks.
Bend/Squat			X		*To perform work tasks positioned below waist level.
Crouch/Kneel			X		*To perform work tasks positioned below waist level, i.e. changing tires.
Twist/Turn			X		*Working in confined spaces in the cab of a vehicle or working at the engine or underneath the vehicle.
Crawl	X				*To get to the undercarriage of a vehicle.
Climb		X			*To get in/out of trucks and sometimes climbing stairs in college buildings.
Reach				X	*When working on vehicles. Reaching usually involves holding tools at the same time and often requires the use of both arms working together. Overhead reaching is required on an occasional basis. Un sighted reaching is also required on an occasional basis. Extended/far reaching is required on a frequent basis.
Handle			X		*Grasping parts and tools with both hands to perform work tasks. Moderate to heavy grip force will be required to operate hand tools and lift and carry heavy objects.
Finger			X		*Using fingers to adjust or replace vehicle parts i.e. nuts, washers and to operate on/off switches on equipment.
Balance	X				*Sometimes walking or standing on slippery floors.

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 Task**