

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class	Heavy Duty Equipment Mechanic
Class Code	3743
<p><b>Instructions:</b> Below is a list of activities and other characteristics of the job class. First indicate the frequency with which the task is performed – never, monthly, weekly, up to one hour/day, or more than one hour/day. Next, indicate the task numbers of the best examples of tasks for which the listed activities are required. (Note: Essential Functions are denoted by bold task numbers)</p>	

<b>1. PHYSICAL ABILITIES</b>						
<b>A. Muscular Strength – exerting muscular force against objects or to move one’s own body</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Pushing/Pulling					X	<b>24, 29, 32, 39, 41, 43, 45, 46, 48, 51</b>
Lifting – from floor Item Lifted <b>Tire</b> Weight 60 lbs				X		<b>33, 41, 48</b>
Item Lifted <b>Battery</b> Weight 40 lbs				X		<b>33</b>
Lifting – from table Item Lifted <b>Starter</b> Weight 75 lbs				X		<b>34, 49, 50</b>
Item Lifted <b>Hydraulic Pump</b> Weight 45 lbs				X		<b>34, 49, 50</b>
Carrying Item Carried: Exhaust Components Weight 50 lbs				X		<b>24, 36, 50</b>
Item Carried <b>Rotors and Drums</b> Weight 40 lbs				X		<b>26, 29, 33</b>
<b>B. Muscular Endurance – continuous muscular exertion for more than two minutes; resistance to muscular fatigue</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: Break Job				X		<b>33, 49</b>
<b>C. Anaerobic Capacity – exertion of maximum physical effort for 5 to 90 seconds</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: Rotating Tires				X		<b>26, 34, 49</b>

<b>D. Cardiovascular Endurance – sustaining physical effort for more than 5 minutes that results in increases in breathing and heart rate</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: Plumbing and piping activities		X				45, 50
<b>E. Flexibility – bending, stretching, and or twisting the body, arms, or legs</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Twisting Back					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Reaching Above Shoulder					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Reaching Below Shoulder					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Bending Neck					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Bending Wrist					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Bending Waist					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Bending Knees					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
<b>F. Balance – maintaining the body in a stable position</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Walking on uneven surfaces					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Climbing equipment (e.g., ladder, pole, scaffolding)					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
<b>G. Coordination – precision in sequencing and/or simultaneous movement of the arms, hands, legs, feet, and/or the entire body</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Crawling				X		45, 50
Walking					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Grasping					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	24, 29, 32, 39, 41, 43, 45, 46, 48, 51
Operation of Foot Pedals				X		50, 52, 54
<b>H. Minimal Body Movement</b>						

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting				X		27, 54, 57-63
Standing					X	Most tasks

## 2. WORKING CONDITIONS/WORK ENVIRONMENT

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
<b>Unpleasant Environment</b>						
Noise levels over 70 decibels (equal to busy street traffic)					X	4, 6, 7, 52
Exposure to extremes in temperature					X	36, 46, 52
Working in areas with limited ventilation				X		6, 7, 9
<b>Health Risk</b>						
Exposure to chemicals, dust, and/or fumes					X	6, 7, 9
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)					X	45, 50, 51
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens					X	6, 7, 25, 33, 48, 51
<b>Accident Risk</b>						
Close working proximity to hazardous equipment and machinery					X	Most tasks
Working at heights over 6 feet from the ground					X	15, 45, 50, 51

<b>3. COGNITIVE/ INTERPERSONAL/PSYCHOLOGICAL STRESSORS</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
<b>Cognitive</b>						
Performing tasks requiring intense concentration				X		<b>3, 4, 50</b>
Performing repetitive tasks					X	<b>33, 50, 53</b>
Sustaining attention despite interruptions	X					
Shifting attention from one issue to another based on priorities				X		<b>63</b>
Performing tasks requiring significant independent judgment, or with minimal supervision					X	Most tasks
Making complex decisions while considering several factors					X	Most tasks
Performing tasks with deadlines					X	Most tasks
Paying attention to detail					X	Most tasks
<b>Interpersonal</b>						
Performing tasks as part of a team, where members rely on each other					X	Most
Performing tasks for general public in service-related position	X					
Performing tasks that elicit negative responses from the public		X				<b>5, 34, 50</b>
<b>Psychological Stressors</b>						
Working in area/conditions where risk to own safety or others is high					X	<b>50, 53</b>
Performing tasks that can be emotionally disturbing		X				<b>51</b>
Using/exposure to weapons	X					
Working in areas with limited space (underground tunnels, crawl spaces, elevators)		X				<b>45</b>

<b>4. SENSES/SPEECH</b>			
	No	Yes	Task #s
<b>Hearing</b>			
Hearing Acuity	X		
Understanding speech in presence of noise	X		
Localizing sound		X	<b>3</b>
<b>Vision</b>			
Visual Acuity		X	<b>2, 12, 13, 14</b>
Depth Perception	X		(Unless required for drivers license)
Color vision –accurately and quickly naming colors	X		(Unless required for drivers license)
<b>Touch</b>			
Performing tasks that require sense of touch		X	<b>24, 25, 26, 27</b>
<b>Smell</b>			
Performing tasks that require sense of smell		X	<b>6, 7, 9</b>
<b>Speaking</b>			
Speaking clearly enough to be understood		X	<b>58, 59, 60</b>
Using public address system, phone, radio		X	<b>58, 59, 60</b>

<b>5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT</b>			
<b>LIST:</b>			
	No	Yes	Task #s
Forklift		X	<b>2, 50, 52</b>
Tractor Trailer		X	<b>2, 52</b>
Fire Truck		X	<b>2, 52</b>
Back Hoe		X	<b>2, 52</b>