

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class: Load Dispatcher
Class Code: 5233

Instructions: 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 3-4 examples of tasks for which the listed activities are required.

1. PHYSICAL ABILITIES						
A. Muscular Strength – exerting muscular force against objects or to move one’s own body						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Pushing/Pulling: Rolling ladder			X			15,35
Lifting – from floor Item Lifted: Log box Weight: 35 lbs	X (1xYr.)					36, 39
Lifting – from table Item Lifted: Weight:	X					
Carrying Item Carried: Weight:	X					
B. Muscular Endurance – continuous muscular exertion for more than two minutes; resistance to muscular fatigue						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:	X					
C. Anaerobic Capacity – exertion of maximum physical effort for 5 to 90 seconds						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:	X					

D. Cardiovascular Endurance – sustaining physical effort for more than 5 minutes that results in increases in breathing and heart rate						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:	X					
E. Flexibility – bending, stretching, and or twisting the body, arms, or legs						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Twisting Back				X		Most tasks
Reaching Above Shoulder					X	15,35
Reaching Below Shoulder				X		Most tasks
Bending Neck					X	Most tasks (When typing, reviewing logs and diagram boards/charts)
Bending Wrist					X	Most tasks (computer use)
Bending Waist	X					
Bending Knees			X			15, 35, 39
F. Balance – maintaining the body in a stable position						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Walking on uneven surfaces	X					
Climbing equipment (e.g., ladder, pole, scaffolding)			X			15,35
G. Coordination – precision in sequencing and/or simultaneous movement of the arms, hands, legs, feet, and/or the entire body						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Crawling	X					
Walking			X			15,35
Grasping					X	Most tasks (computer mouse, pole with hook)
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	Most tasks (typing)

Operation of Foot Pedals	X					
H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	Most tasks
Standing				X		15,35

2. WORKING CONDITIONS/WORK ENVIRONMENT						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
Unpleasant Environment						
Noise levels over 70 decibels (equal to busy street traffic)	X					
Exposure to extremes in temperature	X					
Working in areas with limited ventilation	X					
Health Risk						
Exposure to chemicals, dust, and/or fumes	X					
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)	X					
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens	X					
Accident Risk						
Close working proximity to hazardous equipment and machinery	X					
Working at heights over 6 feet from the ground			X			15,35

3. COGNITIVE/ INTERPERSONAL/PSYCHOLOGICAL STRESSORS						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
Cognitive						
Performing tasks requiring intense concentration					X	Most tasks
Performing repetitive tasks					X	Most tasks
Sustaining attention despite interruptions					X	Most tasks
Shifting attention from one issue to another based on priorities					X	Most tasks
Performing tasks requiring significant independent judgment, or with minimal supervision				X		5,8,11,17,22
Making complex decisions while considering several factors					X	
Performing tasks with deadlines					X	5,22,27,29 generation/votage
Paying attention to detail					X	Most tasks
Interpersonal						
Performing tasks as part of a team, where members rely on each other				X		1,2,5,8,17,24
Performing tasks for general public in service-related position		X				18
Performing tasks that elicit negative responses from the public	X					
Psychological Stressors						
Working in area/conditions where risk to own safety or others is high					X	14,16,17,19,20 21,22
Performing tasks that can be emotionally disturbing		X (rare)				32 (injury or death of field personnel)
Using/exposure to weapons	X					
Working in areas with limited space (underground tunnels, crawl spaces, elevators)	X					

4. SENSES/SPEECH			
	No	Yes	Task #s
Hearing			
Hearing Acuity		X	Most tasks
Understanding speech in presence of noise	X		
Localizing sound	X		
Vision			
Visual Acuity		X	Most tasks
Depth Perception	X		
Color vision –accurately and quickly naming colors		X	Most tasks
Touch			
Performing tasks that require sense of touch		X	Most tasks (typing)
Smell			
Performing tasks that require sense of smell	X		
Speaking			
Speaking clearly enough to be understood		X	Most tasks
Using public address system, phone, radio		X	Most tasks

5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT			
LIST:			
	No	Yes	Task #s
Car		X	Attend training