

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class:	Electric Distribution Mechanic
Class Code:	3878

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					X	1, 2, 3, 4, 5, 6, 17
Lifting – from floor Item Lifted: Vault Screen Hole Weight: 50lbs				X		1, 2, 3, 4, 5, 7
Item Lifted: Toolbox Weight: 60-70lbs					X	1, 4
Lifting – from table Item Lifted: Tools Weight: 1-70lbs					X	1, 2, 7, 16
Item Lifted: Nitrogen Tank Weight: 80-90lbs					X	19
Carrying Item Carried: Tools and Materials Weight: 60-70lbs					X	Most Tasks
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: Climbing and digging					X	22, 24, 31, 32
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: Extension ladder and digging holes					X	1, 27, 32

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: Climbing					X	22, 28, 31, 32
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	22, 28, 31, 32
Reaching Above Shoulder					X	Most Tasks
Reaching Below Shoulder					X	Most Tasks
Bending Neck					X	All Tasks
Bending Wrist					X	All Tasks
Bending Waist					X	Most Tasks
Bending Knees					X	All Tasks
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	Most Tasks
Climbing equipment (e.g., ladder, pole, scaffolding)					X	9, 16, 17, 22, 28
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 (2x)				28
Walking					X	Most Tasks
Grasping					X	Most Tasks
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	Most Tasks
Operation of Foot Pedals					X	15, 25, 26, 28

H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting				X		10, 37, 42
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
Unpleasant Environment						
Noise levels over 70 decibels (equal to busy street traffic)					X	All Tasks
Exposure to extremes in temperature					X (Seasonal)	All Tasks
Working in areas with limited ventilation					X	10, 15, 16, 17
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	Most Tasks
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)		X				1, 2, 21
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens					X	10, 22, 23, 26
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	Most Tasks
Working at heights over 6 feet from the ground					X	22, 26, 28, 29, 30

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	All 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		1, 15, 28, 43
Performing tasks requiring significant independent judgment, or with minimal supervision					X	All Tasks
Making complex decisions while considering several factors					X	All Tasks
Performing tasks with deadlines		X				17, 24, 28
Paying attention to detail					X	All Tasks
Interpersonal						
Performing tasks as part of a team, where members rely on each other					X	All Tasks
Performing tasks for general public in service-related position					X	Most Tasks
Performing tasks that elicit negative responses from the public		X				10, 15, 26, 28, 29
Psychological Stressors						
Working in area/conditions where risk to own safety or others is high					X	All Tasks
Performing tasks that can be emotionally disturbing		X (Rare)				1, 10, 15, 20, 22
Using/exposure to weapons		X (Rare)				Most Tasks (Regional)
Working in areas with limited space (underground tunnels, crawl spaces, elevators)					X (Under-ground)	6, 10, 15, 16

4. SENSES/SPEECH			
	No	Yes	Task #s
Hearing			
Hearing Acuity		X	Most Tasks
Understanding speech in presence of noise		X	Most Tasks
Localizing sound		X	5, 8, 15, 23, 25
Vision			
Visual Acuity		X	1, 10, 11, 22
Depth Perception		X	14, 15, 22, 23, 33
Color vision –accurately and quickly naming colors	X		
Touch			
Performing tasks that require sense of touch		X	Most Tasks
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	41, 45, 46, 49

5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT
LIST:

	No	Yes	Task #s
Auger (Digger) Truck		X	26, 32, 33
Bucket Truck		X	26, 29, 33, 34
Reel Truck		X	15
Cable Pulling Truck		X	15