

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class	Security Officer
Class Code	3181

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 examples of tasks for which the listed activities are required. (Note: Essential Functions are denoted by bold task numbers)

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		16, 17
Lifting – from floor Item Lifted: Barricades Weight: 15 lbs			X			4, 5, 12, 13
Item Lifted Weight						
Lifting – from table Item Lifted: Patrol Bag Weight: 20-25 lbs				X		20, 21, 22, 30
Item Lifted Weight						
Carrying Item Carried: Body Armour Weight: 8 lbs					X	10, 13, 16, 20, 22,25
Item Carried: Sam Brown Weight: 8-10 lbs					X	10, 13, 16, 20, 22,25
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: Detainment		X				25, 33
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: Emergency - Response			X			20, 22, 25, 30, 33

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 stairs/hills			X			4, 12, 16, 22, 25
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	3, 5, 10, 12, 13, 15, 16
Reaching Above Shoulder				X		12, 13, 16, 24
Reaching Below Shoulder					X	1, 2, 11, 12, 13, 16
Bending Neck					X	1, 2, 7, 11, 16, 18, 19
Bending Wrist				X		1, 2, 6, 13, 24
Bending Waist				X		5, 8, 12, 16, 20, 22, 25, 32, 33
Bending Knees				X		5, 8, 12, 16, 20, 22, 25, 32, 33
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			4, 5, 12, 16, 22, 23
Climbing ladders for security inspection.				X		(DWP ONLY) 5, 16, 20
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	5, 8, 16, 20, 22, 23, 27, 35
Grasping					X	1, 2, 6, 11, 12, 16, 18, 22, 24
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	1, 2, 7, 11, 18, 29, 33

Operation of Foot Pedals					X	22, 23
H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting				X		1, 2, 7, 11, 17, 26, 29
Standing					X	4, 8, 10, 13, 17, 32

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	4, 8, 10, 13, 22, 31
Exposure to extremes in temperature			X			4, 5, 10, 13, 16, 22
Working in areas with limited ventilation				X		(DWP & LAX ONLY) 22
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	(LAX ONLY) Most Tasks
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)		X				23, 25, 33
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		(DWP ONLY) 5, 16, 20

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					
Performing repetitive tasks					X	1, 2, 3, 7, 17
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		Most Tasks
Making complex decisions while considering several factors			X			22, 23, 25
Performing tasks with deadlines	X					
Paying attention to detail					X	Most Tasks
Interpersonal						
Performing tasks as part of a team, where members rely on each other			X			8, 10, 13, 17, 22, 25
Performing tasks for general public in service-related position					X	Most Tasks
Performing tasks that elicit negative responses from the public			X			10, 13, 23, 25
Psychological Stressors						
Working in area/conditions where risk to own safety or others is high		X				10, 13, 23, 25
Performing tasks that can be emotionally disturbing		X (Rarely)				20
Using/exposure to weapons					X	Most Tasks
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	1, 3, 6, 10, 13, 17
Localizing sound		X	20, 22, 23
Vision			
Visual Acuity		X	Most Tasks
Depth Perception	X		
Color vision –accurately and quickly naming colors		X	10, 20, 37
Touch			
Performing tasks that require sense of touch		X	22, 25
Smell			
Performing tasks that require sense of smell		X	30, 36
Speaking			
Speaking clearly enough to be understood		X	Most Tasks
Using public address system, phone, radio		X	1, 6, 9, 13, 14, 15, 28, 34

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

	No	Yes	Task #s
Class C Motor Vehicle		X	8, 10, 12, 20, 22
Patrol Boat		X	8, 10, 12, 20, 22