

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class	GARDENER CARETAKER
Class Code	3141

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	42, 53, 75, 77
Lifting – from floor Item Lifted: Power Equip. Weight:: 25 lbs				X		31, 42, 76, 77
Item Lifted: Fertilizer Weight: 50 lbs		X				13, 44, 48, 73
Lifting – from table Item Lifted: Chemicals Weight: 25 lbs			X			25, 26, 31, 42
Item Lifted: Plant material Weight: 50 lbs		X				2, 9, 12, 73
Carrying Item Carried: Grass seed Weight50 lbs		X				1, 12, 44
Item Carried: Power Equip. Weight: 25 lbs				X		26, 31, 45, 76, 77
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: Digging				X		14, 41, 45, 49
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: Tree Staking		X				41, 49, 73, 75
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	1, 2, 14, 41
Reaching Above Shoulder			X			6, 25, 47, 75
Reaching Below Shoulder					X	25, 26, 45, 53
Bending Neck					X	25, 27, 47, 60
Bending Wrist					X	6, 15, 29, 33
Bending Waist					X	9, 10, 14, 53
Bending Knees					X	2, 3, 15, 27
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		53, 63, 73, 76
Climbing equipment (e.g., ladder, pole, scaffolding)		X				6, 25, 75, 76
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	8, 42, 53, 60
Grasping					X	26, 42, 45, 75
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)				X		29, 57, 59
Operation of Foot Pedals					X	77, 78

H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting				X		57, 59, 77, 78
Standing					X	25, 53, 75, 76

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		42, 75, 76, 77
Exposure to extremes in temperature		X				Most tasks
Working in areas with limited ventilation	X					
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	13, 25, 48
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)				X		25, 53, 60
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens	X					
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	42, 45, 75, 76
Working at heights over 6 feet from the ground	X					

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		25, 26, 53, 78
Sustaining attention despite interruptions				X		75, 76
Shifting attention from one issue to another based on priorities			X			25, 28, 29, 57
Performing tasks requiring significant independent judgment, or with minimal supervision			X			33, 57
Making complex decisions while considering several factors	X					
Performing tasks with deadlines		X				12, 13, 60, 73
Paying attention to detail			X			6, 42, 57, 59
Interpersonal						
Performing tasks as part of a team, where members rely on each other		X				2, 12, 15, 73
Performing tasks for general public in service-related position			X			25, 26, 29, 53
Performing tasks that elicit negative responses from the public		X				13, 25, 28, 42
Psychological Stressors						
Working in area/conditions where risk to own safety or others is high	X					
Performing tasks that can be emotionally disturbing	X					
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		
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		
Touch			
Performing tasks that require sense of touch	X		
Smell			
Performing tasks that require sense of smell	X		
Speaking			
Speaking clearly enough to be understood		X	57, 59, 73
Using public address system, phone, radio		X	57

5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT			
LIST:			
	No	Yes	Task #s
Pick-up trucks		X	43, 44, 73, 78
Golf cart		X	10, 13, 78
Ride-on Mower		X	42, 77, 78