

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class:	Refuse Collection Truck Operator
Class Code:	3580

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 statements)

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, 6, 20
Lifting – from floor Item Lifted: Bulky items (e.g. furniture) Weight: 20-60 lbs.					X	1, 20
Item Lifted: Bags & bundles Weight: 20-60 lbs.					X	1, 20
Lifting – from table/table height Item Lifted: Bulky items (e.g. furniture) Weight: 20-60 lbs.					X	1,20
Item Lifted: Bags & bundles Weight: 20-60 lbs.					X	1, 20
Carrying Item Carried: Bags & bundles Weight: 20-60 lbs.					X	1, 20
Item Carried: Dead Animals Weight: 20-60 lbs.					X	20
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: Lifting, carrying					X	1, 6, 20
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: Lifting bulky item				X		1, 6, 20

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	1, 6, 20, 22

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, 6, 20, 22
Reaching Above Shoulder					X	1, 6, 15, 20, 22
Reaching Below Shoulder					X	1, 6, 18, 20, 22, 25
Bending Neck					X	Most tasks
Bending Wrist					X	Most Tasks
Bending Waist					X	1, 6, 12, 20, 22, 25
Bending Knees					X	1, 6, 12, 20, 22

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	1, 5, 6, 20 (e.g. Landfill)
Climbing equipment (e.g., ladder, pole, scaffolding)				X		22

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	1, 5, 6, 8, 15, 22, 25
Grasping					X	Most tasks
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	2, 8, 10, 13, 17, 18, 25
Operation of Foot Pedals					X	Most Tasks

H. Minimal Body Movement

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	2, 5, 15, 16, 20
Standing					X	1,12,20

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	Most tasks
Exposure to extremes in temperature					X Seasonal	1, 2, 5, 6, 12, 15 16, 18, 22
Working in areas with limited ventilation	X					
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	Most tasks
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)					X	1, 6, 15, 16, 20
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens		X (Rarely)				1, 2, 6, 15, 16, 20
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	Most tasks
Working at heights over 6 feet from the ground		X (Rarely)				8

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	1, 2, 5, 15, 16, 20
Performing repetitive tasks					X	Most tasks
Sustaining attention despite interruptions					X	Most tasks
Shifting attention from one issue to another based on priorities				X		9, 11, 14, 19
Performing tasks requiring significant independent judgment, or with minimal supervision					X	Most tasks
Making complex decisions while considering several factors	X					
Performing tasks with deadlines					X	Most tasks
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, 15, 16 20
Performing tasks for general public in service-related position					X	Most tasks
Performing tasks that elicit negative responses from the public				X		1, 2, 20, 12, 17 26
Psychological Stressors						
Working in area/conditions where risk to own safety or others is high					X	1, 2, 5, 15, 16 20,
Performing tasks that can be emotionally disturbing					X	20
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	X	
Understanding speech in presence of noise		X	Most
Localizing sound		X	Most tasks
Vision			
Visual Acuity		X	Most tasks
Depth Perception		X	1, 2, 5, 15, 16, 20
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	Most tasks
Using public address system, phone, radio		X	Most tasks

5. <u>MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT</u>			
LIST:			
	No	Yes	Task #s
Refuse Collection Trucks		X	2, 5, 15, 16, 20