

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class:	Electrical Craft Helper
Class Code:	3799

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		3,27,30,38
Lifting – from floor Item Lifted: Tools & Materials Weight: 75 lbs					X	27,28,29,34,42,52,60
Item Lifted: Cross-arms Weight: 55lbs					X	26,27,29
Lifting – from table Item Lifted: Tools & Materials Weight: 75 lbs				X		20,26,27
Carrying Item Carried: Tools & Equipment Weight: 5-75lbs				X		2,26,27,34
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: Hand-digging pole -hole			X			30,31
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: Raise Cross-arm				X		29

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 Hills			X			1,2,29,30
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	Most Tasks
Reaching Below Shoulder					X	Most Tasks
Bending Neck					X	Most Tasks
Bending Wrist					X	Most Tasks
Bending Waist					X	Most Tasks
Bending Knees					X	Most 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			1,2,29,30
Climbing equipment (e.g., ladder, pole, scaffolding)				X		1,2,9,10,12,38
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				1,2,9
Walking					X	Most Tasks
Grasping					X	Most Tasks
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)				X		1,2,3,10,18,20,36
Operation of Foot Pedals				X		1,2,32

H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting				X		32
Standing					X	1,2,29,30,52

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	Most Tasks
Working in areas with limited ventilation					X	9,41
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	1,2,3,41
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)			X			Most Tasks
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens					X	Most Tasks
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	Most Tasks
Working at heights over 6 feet from the ground			X			1,2,3,9

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
Performing repetitive tasks					X	Most Tasks
Sustaining attention despite interruptions					X	1,2
Shifting attention from one issue to another based on priorities		X				1,2,34
Performing tasks requiring significant independent judgment, or with minimal supervision				X		34
Making complex decisions while considering several factors	X					
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	Most Tasks
Performing tasks for general public in service-related position	X					
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	Most Tasks
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	9,41

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	Most Tasks
Vision			
Visual Acuity		X	Most Tasks
Depth Perception			32
Color vision –accurately and quickly naming colors		X	1,2,32
Touch			
Performing tasks that require sense of touch		X	1,2,18
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. LIST: MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT
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	Task #s
Trucks	32
Boom Equipment	32
Fork Lift	1,2