

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class:	Wastewater Collection Worker
Class Code:	4110

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	5, 16,17
Lifting – from floor Item Lifted: cement bags Weight: 90-95lbs					X	36
Lifting – from table Item Lifted: cones Weight: 10-15lbs.					X	28, 42, 50
Carrying Item Carried: hand rods (15 units) Weight: 3-4lbs. Per unit					X	16, 22, 49
Item Carried: fire hose Weight: 40-50lbs.			X			22
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 rodding					X	16,18, 22, 42
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: maint. hole covers					X	5, 22, 36

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: hand rodding					X	22, 36, 42, 49
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	28,42
Reaching Above Shoulder				X		4, 24 (weekly) 43 (monthly)
Reaching Below Shoulder					X	16, 29b, 42, 50
Bending Neck					X	41, Inspection, Maint. & Clean,
Bending Wrist					X	9, 28, 36
Bending Waist					X	7, 17,18, 29e
Bending Knees					X	5, 36, 42
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		5, 7, 8, 10b, 16
Climbing equipment (e.g., ladder, pole, scaffolding)				X		2, 4, 43, 42(more than hr.)
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			10b
Walking					X	8, 10b, 28 (up to an hr)
Grasping					X	17,18, 42, 49, 50
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	3 (up to an hr) 9, 46
Operation of Foot Pedals					X	1

H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	1, 9 32 (weekly)
Standing					X	17, 18, 22, 35

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	18, 43, 45
Exposure to extremes in temperature					X Seasonal	41, Maint. & Clean, Inspection
Working in areas with limited ventilation				X		30, 43 (more than hr)
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	18, 42, 43 22(weekly)
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)					X	Maint. & Clean, Inspection, Storm
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens	X					
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	17, 18, 43
Working at heights over 6 feet from the ground					X	4

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	17, 18, 22, 43
Performing repetitive tasks					X	Maint. & Clean, Inspection, Storm
Sustaining attention despite interruptions					X	1, 25, 29e, 35
Shifting attention from one issue to another based on priorities					X	11, 28, 35 Safety
Performing tasks requiring significant independent judgment, or with minimal supervision					X	Most tasks
Making complex decisions while considering several factors				X		44, 47, 48
Performing tasks with deadlines				X		46, Maint. & Clean
Paying attention to detail					X	9, 46
Interpersonal						
Performing tasks as part of a team, where members rely on each other					X	22, 45 Comm., Maint. & Clean
Performing tasks for general public in service-related position					X	10, 12 (monthly)
Performing tasks that elicit negative responses from the public					X	10, 28
Psychological Stressors						
Working in area/conditions where risk to own safety or others is high					X Seasonal	41
Performing tasks that can be emotionally disturbing		X				42 (may encounter dead animals)
Using/exposure to weapons	X					
Working in areas with limited space (underground tunnels, crawl spaces, elevators)				X		29a, 29e, 30, 42

4. SENSES/SPEECH			
	No	Yes	Task #s
Hearing			
Hearing Acuity		X	10, 17, 18
Understanding speech in presence of noise		X	18, 43
Localizing sound		X	8, 10
Vision			
Visual Acuity		X	Vehicle Op., Inspection
Depth Perception		X	7
Color vision –accurately and quickly naming colors		X	8, 12
Touch			
Performing tasks that require sense of touch		X	Most tasks
Smell			
Performing tasks that require sense of smell		X	10
Speaking			
Speaking clearly enough to be understood		X	10, 28, Comm.
Using public address system, phone, radio		X	1, 10, 11

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

	Task #s
Vactor combination truck	18, 42, 43
Utility truck	10, 22
Hydro truck	18
Rodder truck	17
Tanker	10, 42