

## PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class:	Electric Station Operator
Class Code:	5224

**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.

<b>1. PHYSICAL ABILITIES</b>						
<b>A. Muscular Strength – exerting muscular force against objects or to move one’s own body</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Pushing/Pulling					<b>X</b>	<b>3, 13</b>
Lifting – from floor Item Lifted: coiled conductor cable Weight: 3x 20lbs. per unit			<b>X</b>			<b>13</b>
Item Lifted: absorbent bag Weight: 50lbs		<b>X</b>				<b>11</b>
Lifting – from table Item Lifted: accident prev. tags with hangars Weight: 5 lbs.				<b>X</b>		<b>13, 17</b>
Carrying Item Carried: hook stick Weight: 12lbs. maximum				<b>X</b>		<b>13, 17</b>
Item Carried: water hose Weight: 15lbs.		<b>X</b>				<b>3</b>
<b>B. Muscular Endurance – continuous muscular exertion for more than two minutes; resistance to muscular fatigue</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: switching				<b>X</b>		<b>13, 17, 3 (monthly)</b>
<b>C. Anaerobic Capacity – exertion of maximum physical effort for 5 to 90 seconds</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: switching			<b>X</b>			<b>13 (depending on certain switches)</b>
List Activity: Moving rack circuit breakers		<b>X</b>				<b>13</b>

<b>D. Cardiovascular Endurance – sustaining physical effort for more than 5 minutes that results in increases in breathing and heart rate</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: stair climbing			X			1,11,13,17,
<b>E. Flexibility – bending, stretching, and or twisting the body, arms, or legs</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Twisting Back				X		3(monthly) 13
Reaching Above Shoulder				X		4,6,9,13,17
Reaching Below Shoulder				X		4,6,9,10,11,13,17
Bending Neck					X	1,2,3,13,15,17
Bending Wrist					X	3, 5, 13, 17, 24, 30
Bending Waist				X		1, 2,10, 11, 13
Bending Knees			X			4, 11
<b>F. Balance – maintaining the body in a stable position</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Walking on uneven surfaces					X	1, 3, 13, 15, 17,
Climbing equipment (e.g., ladder, pole, scaffolding)		X				4, 5
<b>G. Coordination – precision in sequencing and/or simultaneous movement of the arms, hands, legs, feet, and/or the entire body</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Crawling		X 2 x yr.				4
Walking					X	1, 3, 13, 15, 17
Grasping					X	3, 4, 5, 11, 13, 17
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	9, 12, 24
Operation of Foot Pedals				X		30

<b>H. Minimal Body Movement</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	12, 14, 24, 25, 28
Standing			X			4, 5, 15

<b>2. WORKING CONDITIONS/WORK ENVIRONMENT</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
<b>Unpleasant Environment</b>						
Noise levels over 70 decibels (equal to busy street traffic)			X			1, 13, 17
Exposure to extremes in temperature					X seasonal	All tasks
Working in areas with limited ventilation	X					
<b>Health Risk</b>						
Exposure to chemicals, dust, and/or fumes				X		11,30 also SF6 (elec. Insulation)
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)	X rare					At stations (used syringes on premises left by trespassers)
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens					X	All tasks at stations
<b>Accident Risk</b>						
Close working proximity to hazardous equipment and machinery					X	All tasks at stations
Working at heights over 6 feet from the ground		X				4,5

<b>3. COGNITIVE/ INTERPERSONAL/PSYCHOLOGICAL STRESSORS</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
<b>Cognitive</b>						
Performing tasks requiring intense concentration				X		12, 13, 14, 15, 16, 18
Performing repetitive tasks				X		13
Sustaining attention despite interruptions				X		5, 13, 15
Shifting attention from one issue to another based on priorities			X			1, 2, 3, 13
Performing tasks requiring significant independent judgment, or with minimal supervision					X	All tasks
Making complex decisions while considering several factors		X				12, 13
Performing tasks with deadlines	X					
Paying attention to detail					X	All tasks
<b>Interpersonal</b>						
Performing tasks as part of a team, where members rely on each other		X				3, 4, 5, 15
Performing tasks for general public in service-related position	X					
Performing tasks that elicit negative responses from the public	X					
<b>Psychological Stressors</b>						
Working in area/conditions where risk to own safety or others is high					X	All 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				1, 4

<b>4. SENSES/SPEECH</b>			
	No	Yes	Task #s
<b>Hearing</b>			
Hearing Acuity		X	1, 3, 4, 5, 14, 15, 18
Understanding speech in presence of noise		X	3, 4, 5, 14, 15
Localizing sound		X	1, 3, 13
<b>Vision</b>			
Visual Acuity		X	All tasks
Depth Perception		X	1, 3, 5, 13, 17, 30
Color vision –accurately and quickly naming colors		X	1, 13, 16
<b>Touch</b>			
Performing tasks that require sense of touch	X		
<b>Smell</b>			
Performing tasks that require sense of smell	X		
<b>Speaking</b>			
Speaking clearly enough to be understood		X	Most tasks
Using public address system, phone, radio		X	14, 26

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

	Task #s
Van	30
Personal vehicle	30