

PHYSICAL REQUIREMENTS

JOB TITLE: Ned Houk Park Park Maintenance Seasonal

MACHINES, TOOLS, EQUIPMENT, WORK AIDS USED:

Front End Loader, Backhoe, Lawn Mower, Weed Eater, Drill, Chainsaw, All Hand Tools, Air Tools, Ladder, Pickup, Cutting Torch,, Welder, Chop Saw, Shovel, Tree Lopper, Bow Saw, Grinder, Fence Repair Tools, Tire Repair Machine, Sledge Hammer

MATERIALS AND/OR PRODUCTS HANDLED:

Concrete, Lumber, Pipe, Gasoline, Diesel, Pesticides, Pipe Glue and Primer, Bathroom Cleaner, Chlorine, Paint and Thinner, Oil, Light Bulbs, Nuts and Bolts, Barbed Wire

WORK ENVIRONMENT

PRIMARY WORK SITE: (AMOUNT IN %)

INSIDE: 10%

OUTSIDE: 90%

BOTH:

TEMPERATURE FACTORS:

☒ EXTREME COLD WITH

☐ OR WITHOUT

TEMPERATURE CHANGES

☒ EXTREME HEAT WITH

☐ OR WITHOUT

TEMPERATURE CHANGES

☒ EXTREME WET OR HUMID WITH

☐ OR WITHOUT

TEMPERATURE CHANGES

NOISE FACTORS:

SUFFICIENT NOISE LEVELS WHICH INTERRUPT CONVERSATION

☐ NOT A FACTOR

☐ CONTINUAL

☒ INTERMITTENT

VIBRATION:

BODY STRAIN FROM REPEATED MOTION OR SHOCK

☐ NOT A FACTOR

☐ CONTINUAL

☒ INTERMITTENT

HAZARDS: Flying Debris, Branches Falling, Vehicle Traffic, Falls from Ladder, High Pressure Water, Electric shock, Slips, Trips, Insect Bites

AIR QUALITY FACTORS:

☒ FUMES

☒ DUSTS

☒ GASES

☒ ODORS

☒ MISTS

☐ POOR VENTILATION

☐ NOT A FACTOR

WORKING SURFACE:

☒ EVEN

☐ CARPETED

☒ FLAT/HARD

☐ INCLINED/RAMPS

☒ UNEVEN

☒ STAIRS

☒ LADDERS

☒ CATWALKS, SCAFFOLDS

☒ DRY

☒ WET

☒ GREASE

☒ DUST ☒ NATURAL GOURND

REALTIONSHIPS WITH CO-WORKERS:

☒ WORKS ALONE

☒ WITH DIRECTION

☒ WORKS WITH A GROUP

☒ WITHOUT DIRECTION

☐ WORKS WITH A SELECT TEAM

MOBILITY FACTORS					
WALK:	25%	CLIMB:	5%	CRAWL:	RUN:
STAND:	10%	SIT:	40%	CROUCH:	5%
				KNELL:	10%
				PRONE:	5%
SPECIFIC MOVEMENTS					
KEY: O = OCCASIONALLY		F = FREQUENTLY		C = CONSTANTLY	
TRUNK:					
<input type="checkbox"/> ^F BEND		<input type="checkbox"/> ^F TWIST/ROTATE		<input type="checkbox"/> ^F PUSH/PULL # OF LBS	
<input type="checkbox"/> ^F CARRY # OF LBS 50		FOR A DISTANCE OF 100'			
ARMS:					
<input type="checkbox"/> ^F REACH		<input type="checkbox"/> ^F WORK WITH ARMS EXTENDED		<input type="checkbox"/> ^F ARMS BENT	
<input type="checkbox"/> ^F CARRY # OF LBS 50		FOR A DISTANCE OF 100'			
<input type="checkbox"/> ^O PUSH/PULL # OF LBS 50					
<input type="checkbox"/> ^F LIFT FROM FLOOR TO WAIST # OF LBS 50					
<input type="checkbox"/> ^F FROM WAIST TO OVERHEAD # OF LBS 50					
<input type="checkbox"/> ^O HORIZONTALLY # OF LBS 50					
LEGS:					
<input type="checkbox"/> ^C LIFT # OF LBS 75		<input type="checkbox"/> ^C BALANCE		<input type="checkbox"/> ^F TWIST/ROTATE	
<input type="checkbox"/> ^O PUSH/PULL # OF LBS 75				<input type="checkbox"/> ^F FOOT CONTROL	
HANDS:					
<input type="checkbox"/> ^C GROSS DEXTERITY		<input type="checkbox"/> ^C FINGER DEXTERITY		<input type="checkbox"/> ^C GRASP/MANIPULATE	
<input type="checkbox"/> ^F SPEED REQUIRED		<input type="checkbox"/> ^C BILATERAL COORDINATION			
<input type="checkbox"/> ^C EYE/HAND COORDINATION		<input checked="" type="checkbox"/> ^C DOMINANCE		<input type="checkbox"/> ^C RT <input type="checkbox"/>^C LT	
COMMENTS ON PHYSICAL REQUIREMENTS: Requires upper and lower bod strength, able to walk long distances with at least 25lbs.					