

## PHYSICAL REQUIREMENTS

**JOB TITLE:** Park Maintenance Seasonal

**MACHINES, TOOLS, EQUIPMENT, WORK AIDS USED:**

mowers, weed eaters, chainsaws, stump grinders, tractors, loaders, backhoe, spraying equipment, power washers, pumps and motors for pools, chain and blade sharpeners, edgers, hand tools

**MATERIALS AND/OR PRODUCTS HANDLED:**

glue and primer, herbicides, pesticides, pool chemicals, fuels and oils, paint, concrete, grease, anti-freeze, trash from parks including needles, BBP's, broken bottles, etc.

### 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:** exposures to chemicals, BBP's, dust, scrapes, cuts, bruises, slips, trips and falls, exposure to sun, heat, wind and cold

**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

**REALTIONSHPIS WITH CO-WORKERS:**

☒ WORKS ALONE

☒ WITH DIRECTION

☒ WORKS WITH A GROUP

☒ WITHOUT DIRECTION

☒ WORKS WITH A SELECT TEAM

MOBILITY FACTORS					
WALK:	20%	CLIMB:	10%	CRAWL:	RUN:
STAND:	50%	SIT:	10%	CROUCH:	KNELL:
				5%	PRONE:
SPECIFIC MOVEMENTS					
KEY: O = OCCASIONALLY		F = FREQUENTLY		C = CONSTANTLY	
TRUNK:					
( <sup>F</sup> ) BEND		( <sup>F</sup> ) TWIST/ROTATE		( <sup>O</sup> ) PUSH/PULL # OF LBS	
( <sup>F</sup> ) CARRY # OF LBS		FOR A DISTANCE OF			
ARMS:					
( <sup>F</sup> ) REACH		( <sup>F</sup> ) WORK WITH ARMS EXTENDED		( <sup>F</sup> ) ARMS BENT	
( <sup>F</sup> ) CARRY # OF LBS		80 FOR A DISTANCE OF			
( <sup>O</sup> ) PUSH/PULL # OF LBS		80			
( <sup>F</sup> ) LIFT FROM FLOOR TO WAIST # OF LBS		80			
( <sup>F</sup> ) FROM WAIST TO OVERHEAD # OF LBS		80			
( <sup>F</sup> ) HORIZONTALLY # OF LBS		80			
LEGS:					
( <sup>F</sup> ) LIFT # OF LBS		( <sup>F</sup> ) BALANCE		( <sup>F</sup> ) TWIST/ROTATE	
( <sup>F</sup> ) PUSH/PULL # OF LBS		( <sup>F</sup> ) FOOT CONTROL			
HANDS:					
( <sup>C</sup> ) GROSS DEXTERITY		( <sup>C</sup> ) FINGER DEXTERITY		( <sup>C</sup> ) GRASP/MANIPULATE	
( <sup>C</sup> ) SPEED REQUIRED		( <sup>C</sup> ) BILATERAL COORDINATION			
( <sup>C</sup> ) EYE/HAND COORDINATION		( <input checked="" type="checkbox"/> ) DOMINANCE		( <input type="checkbox"/> ) RT ( <input type="checkbox"/> ) LT	
<b>COMMENTS ON PHYSICAL REQUIREMENTS:</b> Must be able to walk, sit and stand for long periods. Climb, lift and carry heavy loads, must be in good physical condition.					