

## PHYSICAL REQUIREMENTS

**JOB TITLE:** Light Equipment Operator I Seasonal

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

Rear load and flat bed trucks, shovels, hoe, lawn mowers, pitch fork, pressure washer, water hose, hand wrenches, all size refuse containers, tree chipper, impact wrench, face shields, safety glasses, hard hat, hearing protection, and gloves and miscellaneous hand tools.

**MATERIALS AND/OR PRODUCTS HANDLED:**

All types of solid waste and refuse containers.

### WORK ENVIRONMENT

**PRIMARY WORK SITE:** (AMOUNT IN %)

**INSIDE:** 2%

**OUTSIDE:** 98%

**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:** Hazardous household waste, punctures or cuts from sharp objects, electrical wires, gas meter, 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 ☐ NATURALGROUND

**REALTIONSHPIS WITH CO-WORKERS:**

☒ WORKS ALONE

☒ WITH DIRECTION

☒ WORKS WITH A GROUP

☒ WITHOUT DIRECTION

☐ WORKS WITH A SELECT TEAM

MOBILITY FACTORS					
WALK:	75%	CLIMB:	2%	CRAWL:	RUN:
STAND:	8%	SIT:	10%	CROUCH:	KNEEL : 1% PRONE: 1%
SPECIFIC MOVEMENTS					
KEY: O = OCCASIONALLY		F = FREQUENTLY		C = CONSTANTLY	
TRUNK:					
<input type="checkbox"/> BEND		<input type="checkbox"/> TWIST/ROTATE		<input type="checkbox"/> PUSH/PULL # OF LBS 25	
<input type="checkbox"/> CARRY # OF LBS 75		FOR A DISTANCE OF 40 FT			
ARMS:					
<input type="checkbox"/> REACH		<input type="checkbox"/> WORK WITH ARMS EXTENDED		<input type="checkbox"/> ARMS BENT	
<input type="checkbox"/> CARRY # OF LBS 75		FOR A DISTANCE OF 30 FT			
<input type="checkbox"/> PUSH/PULL # OF LBS UP TO 75				<input type="checkbox"/> TWIST/ROTATE	
<input type="checkbox"/> LIFT FROM FLOOR TO WAIST # OF LBS UP TO 75					
<input type="checkbox"/> FROM WAIST TO OVERHEAD # OF LBS UP TO 75					
<input type="checkbox"/> HORIZONTALLY # OF LBS UP TO 75					
LEGS:					
<input type="checkbox"/> LIFT # OF LBS UP TO 75		<input type="checkbox"/> BALANCE		<input type="checkbox"/> TWIST/ROTATE	
<input type="checkbox"/> PUSH/PULL # OF LBS 50				<input type="checkbox"/> FOOT CONTROL	
HANDS:					
<input type="checkbox"/> GROSS DEXTERITY		<input type="checkbox"/> FINGER DEXTERITY		<input type="checkbox"/> GRASP/MANIPULATE	
<input type="checkbox"/> SPEED REQUIRED		<input type="checkbox"/> BILATERAL COORDINATION			
<input type="checkbox"/> EYE/HAND COORDINATION		<input checked="" type="checkbox"/> DOMINANCE		<input type="checkbox"/> RT <input type="checkbox"/> LT	
<p><b>COMMENTS ON PHYSICAL REQUIREMENTS:</b></p> <p>The Light Equipment Operator I is usually lifting, carrying and or pushing/pulling requiring the ability to work for sustained periods of time doing work that is physically demanding. The majority of the time, the Light Equipment Operator I works in, at least, pairs with co-workers. This position must be able to perform manual labor, sometimes under unfavorable weather conditions.</p>					