

PHYSICAL REQUIREMENTS ANALYSIS

Job Class:	<i>Communications Technician</i>
Department:	<i>Communications</i>
Date of review:	<i>9/18/17</i>
Method of review:	<i>Direct observation and interview with incumbent</i>

Examples of Job tasks performed throughout the year that have significant physical requirements (described on separate worksheets):

Station antenna tower maintenance
Vehicles--exterior work
Vehicles--interior work
Vehicles--engine compartment work

Tools & Equipment used:

Discussed below and in worksheets.

Hours per day/week: *8 hours/day; 5 days/week*

SUMMARY OF PHYSICAL REQUIREMENTS:

To be completed after analysis of job tasks, including consideration of tools and practice expectations.
 Make sure to consider ALL work, not just the example tasks above. Do the same with the sections below.

ENDURANCE

	FREQUENCY	COMMENTS
Sitting:	<i>Occasional [6-33%]</i>	
Standing:	<i>Frequent [34-66%]</i>	
Walking:	<i>Frequent [34-66%]</i>	
Changing positions:	<i>Continuous [67-100%]</i>	

LIFTING

	FREQUENCY	COMMENTS
1-10 lbs:	<i>Continuous [67-100%]</i>	
11-20 lbs:	<i>Frequent [34-66%]</i>	
21-50 lbs:	<i>Seldom [1-5%]</i>	<i>Bolt bins, radios (boxed), tap outs (boxed), amps (boxed)</i>
51-75 lbs:	<i>Seldom [1-5%]</i>	<i>57 lb batteries</i>
76-100 lbs:	<i>Never</i>	
>100 lbs:	<i>Never</i>	

Maximum lbs lifted by worker without assistance:	<i>57 lbs</i>
Lift aid expectations:	<i>Two persons for antenna lift</i>

CARRYING

FREQUENCY		COMMENTS
1-10 lbs:	<i>Continuous [67-100%]</i>	
11-20 lbs:	<i>Occasional [6-33%]</i>	
21-50 lbs:	<i>Seldom [1-5%]</i>	
51-75 lbs:	<i>Seldom [1-5%]</i>	57 lb batteries
76-100 lbs:	<i>Never</i>	
>100 lbs:	<i>Never</i>	

Maximum lbs carried by worker without assistance:	57 lbs
Carry aid expectations:	<i>None stated.</i>

PUSHING/PULLING FORCE

FREQUENCY		COMMENTS
1-10 lbs:	<i>Frequent [34-66%]</i>	
11-20 lbs:	<i>Occasional [6-33%]</i>	Overcoming resistance of pulling wire.
21-50 lbs:	<i>Seldom [1-5%]</i>	Positioning loaded extend-a-bed in truck.
51-75 lbs:	<i>Never</i>	
76-100 lbs:	<i>Never</i>	
>100 lbs:	<i>Never</i>	

Maximum weight of object pushed/pulled by worker without assistance:	45 lbs
Distance:	<i>Negligible</i>
Type of surface:	<i>n/a</i>

OTHER

FREQUENCY		COMMENTS
Bending:	<i>Frequent [34-66%]</i>	
Twisting	<i>Occasional [6-33%]</i>	
Crouching/squatting:	<i>Occasional [6-33%]</i>	
Kneeling:	<i>Frequent [34-66%]</i>	
Crawling:	<i>Seldom [1-5%]</i>	
Walking (level surfaces):	<i>Frequent [34-66%]</i>	
Walking (uneven surfaces):	<i>Seldom [1-5%]</i>	
Climbing steps:	<i>Occasional [6-33%]</i>	
Climbing ladders:	<i>Occasional [6-33%]</i>	
Working at heights:	<i>Occasional [6-33%]</i>	
Reaching at or above shoulder:	<i>Frequent [34-66%]</i>	
Reaching below shoulder:	<i>Frequent [34-66%]</i>	
Use of arms:	<i>Continuous [67-100%]</i>	
Use of wrists:	<i>Continuous [67-100%]</i>	
Use of hands:	<i>Continuous [67-100%]</i>	
Grasping/squeezing:	<i>Continuous [67-100%]</i>	
Operating foot controls:	<i>Seldom [1-5%]</i>	

ENVIRONMENT

Inside [% of time]:	80%	Outside [% of time]:	20%
Temperature Extrememes [Y/N]:			No
Vibration [Y/N] :			Yes
Working around moving machinery or mechanical parts [Y/N]:			Yes

PERSONAL PROTECTIVE EQUIPMENT

Boots:	Yes	Glasses:	Yes
Hardhat:	No	Hearing:	Yes
Gloves:	No	Other:	
		If other, please	

Prepared by:	Steven Partain, HR Manager; Alex Wolff, Wellness Coordinator	Date:	9/18/2017
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