

JOB PHYSICAL REQUIREMENTS ANALYSIS

Job Specific Body Movements	Occasionally 1/3 of time or less	Frequently 1/3 – 2/3 of time	Continuously More than 2/3 of time
Sitting	10% of day		
Standing			70% of day
Walking	12% of day		
Driving	8% of day		
Hearing			100% of day
Speaking		50% of day	
Lifting 1-20 lbs			X
Lifting 20-50 lbs	X		
Lifting 50+ lbs, with assistance	X		
Working/reaching above shoulder	X		
Working w/arms extended @ shoulder level	X		
Working with body bent over at waist	X		
Working in kneeling position	X		
Crawling	X		
Climbing stairs	X		
Climbing ladder	X		
Major Hand	X		
Pulling	X		
Pushing	X		
Fine Manipulation			X
Typing/Keyboard			X
Writing			X
Simple Grasping			X
Filing			X
Power Grip	X		
Tools	X		
Equipment	X		
Hand Twisting			X
Folding			X

Height from floor of objects to be reached or worked on:

OBJECT	HEIGHT
Glassware	6 to 8 feet
Reference Books	6 feet
Chemicals/Supplies	6 to 7 feet
Work bench	3 feet

EQUIPMENT USED

1. Glassware
2. Chemicals and supplies
3. Reference books.
4. Lab instrumentation
5. Portable (deep cycle marine) batteries

WORKING CONDITIONS

1. Sampling in all types of weather, including snow, ice, mud and rain. Also uses snowshoes.
2. Exposure to, with safety equipment, poisons, toxic fumes, noxious odors, hazardous wastes, acids, caustics, carcinogens, oxidizers, and flammables.
3. Office work; calculators, computer video screens and keyboards.
4. Driving in snow, rain, mud, and ice.
5. Climbing and descending stairs and ladders less than or equal to 40 feet.
6. Sampling from a small boat.
7. Walking along and sampling from fast-moving streams and rivers. Walking and sampling in farm fields with waist-high grasses and the presence of cattle, rattle snakes, and other small animals may exist. Walking while carrying sampling equipment and samples in meadows, forests, along city streets, dirt roads, and shorelines. Collecting samples from sewer mains, water mains, wells, and the tops of water storage tanks. Some samples may require collecting samples while in the middle of a street with safety barricades provided. Much of the sampling will occur in rural areas.
8. Digging, shoveling and boring soils, ice, and snow.
9. Compresses gases.
10. Steam pressure vessels.
11. Broken glassware.
12. Pathogenic bacteria, protozoa and viruses.
13. Climbs tanks
14. Pulls sled in snow, loaded with equipment.
15. GPS Units