**Checklist: Job Analysis/Job Description Physical Activities**

**Job title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Department:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Physical Activities**

Ascending or descending ladders, stairs, scaffolding, ramps, poles and the like.  
Never  Occasionally  Constantly

Moving self in different positions to accomplish tasks in various environments including tight and confined spaces.  
Never  Occasionally  Constantly

Remaining in a stationary position, often standing or sitting for prolonged periods.  
Never  Occasionally  Constantly

Moving about to accomplish tasks or moving from one worksite to another.  
Never  Occasionally  Constantly

Adjusting or moving objects up to \_\_ pounds in all directions.  
Never  Occasionally  Constantly

Communicating with others to exchange information.  
Never  Occasionally  Constantly

Repeating motions that may include the wrists, hands and/or fingers.  
Never  Occasionally  Constantly

Operating machinery and/or power tools.  
Never  Occasionally  Constantly

Operating motor vehicles or heavy equipment.  
Never  Occasionally  Constantly

Assessing the accuracy, neatness and thoroughness of the work assigned.  
Never  Occasionally  Constantly

**Environmental Conditions**

Low temperatures.  
Never  Occasionally  Constantly

High temperatures.  
Never  Occasionally  Constantly

Outdoor elements such as precipitation and wind.  
Never  Occasionally  Constantly

Noisy environments.  
Never  Occasionally  Constantly

Hazardous conditions.  
Never  Occasionally  Constantly

Poor ventilation.  
Never  Occasionally  Constantly

Small and/or enclosed spaces.  
Never  Occasionally  Constantly

No adverse environmental conditions expected.  
Never  Occasionally  Constantly

**Physical Demands**

Sedentary work that primarily involves sitting/standing.  
Never  Occasionally  Constantly

Light work that includes moving objects up to 20 pounds.  
Never  Occasionally  Constantly

Medium work that includes moving objects up to 50 pounds.  
Never  Occasionally  Constantly

Heavy work that includes moving objects up to 100 pounds or more.  
Never  Occasionally  Constantly