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

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

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

**Physical Activities**

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

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

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

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

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

Communicating with others to exchange information.
[ ] Never [ ]  Occasionally [x]  Constantly

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

Operating machinery and/or power tools.
[x] Never [ ]  Occasionally [ ]  Constantly

Operating motor vehicles or heavy equipment.
[x] Never [ ]  Occasionally [ ]  Constantly

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

**Environmental Conditions**

Low temperatures.
[x] Never [ ]  Occasionally [ ]  Constantly

High temperatures.
[ ] Never [x]  Occasionally [ ]  Constantly

Outdoor elements such as precipitation and wind.
[ ] Never [x]  Occasionally [ ]  Constantly

Noisy environments.
[ ] Never [x]  Occasionally [ ]  Constantly

Hazardous conditions.
[x] Never [ ]  Occasionally [ ]  Constantly

Poor ventilation.
[x] Never [ ]  Occasionally [ ]  Constantly

Small and/or enclosed spaces.
[x] Never [ ]  Occasionally [ ]  Constantly

No adverse environmental conditions expected.
[x] Never [ ]  Occasionally [ ]  Constantly

**Physical Demands**

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

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

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

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