

Employee Name: _____ Work #: _____

Health Care Provider – Please check the “UNABLE to perform” column if the employee is not able to meet the functional demands required below. Pictures on the following page offer additional information on typical postures. Please use the comments section on the next page to indicate what the current maximum abilities are for the behaviours the employee is “UNABLE” to perform at present.

Job Title: Electrician

Job Physical Demands: The System Electrician is responsible for monitoring and troubleshooting the operations of the electrical systems at the various berths on the premise. The Maintenance Electrician is responsible for completing programed maintenance tasks and repairs across the premise as is indicated by work orders.

Schedule: Shift schedules on the waterfront include a thirty minute meal break and two fifteen minute coffee breaks. Work shifts are typically eight and a half hours in length.

Equipment: Various small hand tools including: a merger, Allen keys, wrenches and a current test stick.

Job Demands:		Max. Weight (lbs.)	Duration per exposure h=hrs s=secs, m=mins	Frequency	UNABLE to perform	Comments
STRENGTH	Lifting/ Carrying	50 lbs.		O		Lifting and carrying demands are not associated with Systems Electrician work.
	Pushing/Pulling		10m	O		Medium push and pull forces are required to run new cable wires.
	Supporting Body Weight		2m	O		Climbing ladders, or stairs.
	Gripping/Handling			C		Forceful palmer and pinch grasps are required; multiple tools and materials are handled.
	Fine Motor Skills			C		Fine and medium prehension constantly required.
POSTURE & MOBILITY	Sitting		2.5h	O/C		Constant sitting on a stool during System Electrician work, with postural breaks as required.
	Driving		15m	O		
	Standing		2.5h	C		Ground surfaces vary, up to constant standing/walking during Maintenance Electrician duties.
	Walking		2.5h	F		Self paced walking.
	Bending/Stooping		15m	F		Mild to moderate stooping demands are routinely encountered. Rare and brief exposure to severe stooping is encountered.
	Sustained Crouching/ Kneeling		30m	O/F		Postural breaks can be taken as required.
	Climbing Stairs			O		Up to 136 stairs are required to access some conveyer areas; flights of stairs may be encountered while carrying tools and supplies. Flights may be climbed 4-5 times per day (not a daily requirement).
	Climbing Ladders			O		
	Balancing			C		Some work from a ladder or man-lift is required, often in conjunction with outer range reaching or stooping.
	Overhead Reach		3m	O		
ENVIRONMENT	Exposure to Elements		2.5h	C		If repair sites are located outdoors.
	Uneven Surfaces			O		When walking outdoors in various areas of the premise.
	Proximity to moving objects			C		When travelling across the dock and when driving.
	Vibration (Upper body)			R		
	Vibration (whole body)			R		

Frequency Ratings:

R: Rare Not daily or up to 1% of shift (<5mins/day)

F: Frequent 34%-67% of shift (2.5-5hrs)

N: Never

O: Occasional 1%-33% of shift (up to 2.5hrs)

C: Constant >67% of shift (>5hrs)

Health Care Provider Comments:

Stamp:

Date: _____ Signature: _____

Please use the box above to include guidelines or limitations on the functional abilities that the employee is UNABLE to perform in their entirety at present.

Sample pictures of tasks and postures:

