

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: Heavy Duty Mechanic

Task Organization: \_\_\_\_\_

**Job Physical Demands:** Responsible for the maintenance, repair and fueling of shuttle wagons, excavators, front-end loaders, forklifts, air carts and light vehicles.

**Schedule:** The position of a Heavy Duty Mechanic runs twenty-four hours per day. Shift times are from 8:00 a.m. to 4:30 p.m., 4:30 p.m. to 1:00 a.m., and 1:00 a.m. to 8:00 a.m. During each shift workers are entitled to one thirty minute meal break and two fifteen minute coffee breaks.

**Equipment:** Various hand tools and power tools.

Job Demands:		Max Weight (lbs.)	Duration per exposure h=hrs s=secs, m=mins	Frequency	UNABLE to perform	Comments
	Lifting/ Carrying	160 lbs.		O/F		Lifting demands not associated with refueling. On average lifting demands are up to 50 lbs.
	Pushing/Pulling		5m	F		Combination of horizontal and vertical push/pull. Only light resistance pulling is required for refueling.
	Supporting Body Weight		2m	O		Climbing ladders, stairs, or onto vehicles.
	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		2h	O		On a stool, or on a ground surface.
	Driving		15m	O		A truck and large equipment.
	Standing		2.5h	C		Ground surfaces vary, but do have spills and debris.
	Walking		10m	F		Ground surfaces vary, but do have spills and debris.
	Bending/Stooping		15m	F		Mild to moderate stooping demands are routinely encountered.
	Sustained Crouching/ Kneeling		60m	O/F		Postural breaks can be taken as required; knee pads are available.
	Climbing Stairs			O		
	Climbing Ladders			O		Up to a 30 foot vertical ladder.
	Balancing			C		Some work from a ladder or staircase is required.
	Overhead Reach			O		
ENVIRONMENT	Exposure to Elements		2.5h	C		If repairing equipment located somewhere outside.
	Uneven Surfaces		15m	O		When walking through the dock.
	Proximity to moving objects			C		When traveling across the dock, when working on the dock or ship, and when driving.
	Vibration (upper extremity)			F		Depending on tool use.
	Vibration (whole body)			N		

**Frequency Ratings:**

R: Rare Not daily or up to 1% of shift (&lt;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 &gt;67% of shift (&gt;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:

