

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 Lift Truck Operator

Task Organization:

Job Physical Demands: Driving heavy lift trucks around the docks moving cargo between areas

**Schedule:** Works 8.5 hours including 2 x 10 minute coffee breaks and one 30 minute lunch break.

**Equipment:** 40 ton top picks, 45 ton reach stackers and 15 ton racks

Sustained Crouching/ Kneeling  Climbing Stairs  Climbing Ladders  Crawling  Balancing  Overhead Reach  Exposure to Elements  Climbents  Climbing Stairs  Climbing Ladders  Clombing Ladders  Crawling  Balancing  Climbing Ladders  Crawling  N  Overhead Reach  Crawling  Overhead Reach  Crawling  Overhead Reach  Crawling  Overhead Reach  Crawling  N  Con steps/ladder to climb in/out of vehicle  Handles when climbing in/out and over sunshade or radio in cab  Exposure to Elements  Crawling  N  Overhead Reach  C	Equipment:		40 toll top picks, 45 toll reach state				KCI3 dild 13 toll lacks	
Push/Pull 5/<5 <5s F Manipulating joystick, open close cab door Supporting Body Weight <10s R Climb in/out of vehicle Gripping / Handling 8hrs C Steering wheel, joystick, controls, climb in/out Fine Motor Skills 6hrs C Manipulating Joystick  Sitting 8hrs C Standing Standing <1m R Pre-op inspection Walking <5m O Pre-op inspection, walking to/from breaks Bending/ Stooping <10s R Pre-op inspection or hunching to look out win on a wet day, or when dealing with sun glare  Sustained Crouching/ Kneeling Climbing Stairs <10s R Climb in/out of lift truck Climbing Ladders <20s R If have to clean window on far side of cab Crawling N Salancing N N N Salancing N N N Salancing N N N Salancing N N N Salancing N N N Salancing N N Salancing N N Salancing N N N Salancing N N N Salancing N N N Salancing N N	Job Demands		Max. Weight/ Avg. Weight (Kg)	ion sure S, ns h=	Frequency	<b>UNABLE</b> to perform	Comments	
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Throwing  Overhead Reach  Exposure to Elements  Uneven/Slippery Surfaces  Proximity to moving objects  Vibration (upper  N  On steps/ladder to climb in/out of venicle  N  Handles when climbing in/out and over sunshade or radio in cab  Pre-op inspection, walk to/from vehicle  Driving over gantry rails or uneven pavement a wet or icy steps to cab during  Other vehicles, gantries, etc	SO				Ν			
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Surfaces wet or icy steps to cab during  Proximity to moving 8hrs F Other vehicles, gantries, etc  Vibration (upper N	RONMENT	Exposure to Elements		<2m	0		Pre-op inspection, walk to/from vehicle	
Proximity to moving objects  Proximity to moving objects  Vibration (upper extremity)  Proximity to moving objects  N  N				<10s	0		Driving over gantry rails or uneven pavement areas, wet or icy steps to cab during	
Vibration (upper extremity)				8hrs	F		Other vehicles, gantries, etc	
	ENVI	Vibration (upper extremity)			N			
Vibration (whole body) 8hrs C Driving in lift truck		Vibration (whole	body)	8hrs	С		Driving in lift truck	

## **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 Comme	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:

















