



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

Job Demands		Max. Weight/ Avg. Weight (kg)	Duration per exposure s = secs, m = mins h = hrs	Frequency	UNABLE to perform	Comments
STRENGTH	Lifting/Carry			N		
	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
POSTURE & MOBILITY	Sitting		8hrs	C		
	Driving		8hrs	C		
	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 windows on a wet day, or when dealing with sun glare
	Sustained Crouching/ Kneeling			N		
	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		
	Balancing		<20s	R		On steps/ladder to climb in/out of vehicle
	Throwing			N		
	Overhead Reach		<5s	R		Handles when climbing in/out and overhead sunshade or radio in cab
ENVIRONMENT	Exposure to Elements		<2m	O		Pre-op inspection, walk to/from vehicle
	Uneven/Slippery Surfaces		<10s	O		Driving over gantry rails or uneven pavement areas, wet or icy steps to cab during
	Proximity to moving objects		8hrs	F		Other vehicles, gantries, etc
	Vibration (upper extremity)			N		
	Vibration (whole body)		8hrs	C		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 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:

