



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:** Locomotive Operator**Task Organization:****Job Physical Demands:** Accesses and operates the locomotive in order to position railcars throughout the railyard.**Schedule:** Works 4-7.5 hrs out of an 8hr shift depending on scheduling, max time in locomotive at 1 sitting is 2 hrs**Equipment:** Locomotive

Job Demands		Max. Weight/ Avg. Weight (Kg)	Duration per exposure h = hrs s = secs, m = mins	Frequency	UNABLE to perform	Comments
STRENGTH	Lifting/Carry	0		R		
	Push/Pull	5/3	<10s	F		
	Supporting Body Weight		5m	O		Ascending/Descending Locomotive via steps up to 8 times per shift
	Gripping / Handling		<1m	F		Throttle, direction and brake controls: repetitive small movements
	Fine Motor Skills		<10s	F		Complex small movements of throttle and brake controls to operate articulating arm and attachment.
POSTURE & MOBILITY	Sitting		7.5h	C		Constant sitting for duration of work
	Driving		7.5h	F		Frequent operation of the locomotive forward and backward.
	Standing		5min	O		During visual inspection or when travelling to coffee break.
	Walking		100m	O		Walk from machine to pick-up truck to travel to coffee room. May be repeated 8X per shift.
	Bending/ Stooping		<1m	R		When performing pre-job inspection
	Sustained Crouching/ Kneeling			N		
	Climbing Stairs		1m	O		Ascend/descend ladders and stairs to access locomotive (<10 steps, up to 17" high; up to 8X/shift)
	Climbing Ladders			N		
	Crawling			N		
	Balancing		1m	R		When climbing up locomotive stairs
	Throwing			N		
	Overhead Reach		1m	O		When going up/down locomotive stairs
ENVIRONMENT	Exposure to Elements		<5m	O		Ascending/descending locomotive or during visual inspection
	Uneven Surfaces		<5m	O		When walking across yard
	Proximity to moving objects		<5m	O		Not within the cab. When on foot outside locomotive, there are other vehicles in the area
	Vibration (upper extremity)			N		
	Vibration (whole body)		7.5h	F/C		Constant low level vibration when operating locomotive. Significant shocks occur (due to excavator)

**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:

