

## PHYSICAL DEMANDS

|  |   |                                |               |  |   |
|--|---|--------------------------------|---------------|--|---|
| Job Title: Carpenter   |   |                                |               |  | Position #: 000754  |
| Hours: 40  |   | Breaks: 30 min x 1, 15 min x 1 |               |  | Overtime: 16 hours per year, rarely more.   |
| Equipment: Compressor, chop saw, portable table saw, power tools, ladders (step & extension) |   |                                |               |  |   |
| Work Environment: 90% indoors (approximation)  |   |                                |               | Special Requirements: State & Middlebury College Drivers License |   |
| Task   | R | O                              | F             | C  | Description   |
| Lift (lbs)   |   | 62                             | 20<br>-<br>30 |  | *120 lb portable table saw (2 person) rarely; *treated lumber weighing up to 110 lbs (16 ft x4” x 6”) (2 person lift); *5/8” 8 x 4 drywall (70 lbs) (two person); *3/4” 8 x 4 sheet plywood (56 lbs); *8 x 4 sheet particle board (84 lbs) (2 person); *75 lb counter top (2 person); *40 lb chop saw; *up to 32 ft extension ladders (75 lbs) (two person lift); buckets of sheetrock mud (62 lbs).*Frequent lifting of tools, tool bag and equipment (20 lbs – 30 lbs). |
| Carry (lbs)  |   | 62                             | 20<br>-<br>30 |  | *Frequent carry of tools, tool bag and equipment (20 lbs – 30 lbs); *Occasional carry of sheets drywall, plywood, lumber (25 lbs – 110 lbs) (2-person carry), sheetrock mud (62 lbs) & 10’ ladder (40 lbs).*Occasionally carrying involves climbing stairs while carrying items.  |
| Push (lbs)   |   | 60                             |               |  | *40lbs - 60 lbs to move furniture (i.e. sofa’s, fridge, stoves, beds) in college buildings.   |
| Pull (lbs)   |   | 60                             |               |  | *40lbs - 60 lbs to move furniture (i.e. sofa’s, fridge, stoves, beds) in college buildings.   |
| Sit  | X |                                |               |  | Generally on breaks, but some jobs my require sitting on rare occasions.  |
| Stand/Walk   |   |                                |               | X  | Standing or walking most of day.  |
| Bend/Squat   |   |                                | X             |  | Frequent bending or squatting to perform tasks below waist level.   |
| Crouch/Kneel   |   |                                | X             |  | Frequent crouching or kneeling to perform tasks below waist level.  |
| Twist/Turn   |   | X                              | X             |  | On occasions twist and turning may be frequent when handling equipment or working in confined spaces.   |
| Crawl  | X |                                |               |  | On a rare basis crawling is involved when working in confined spaces or at floor level.   |
| Climb  |   |                                | X             |  | Frequent use of stairs and ladders is common. Will need to be able to work with hand tools from a ladder. Sometimes this does not allow you to hold the ladder for support.   |
| Reach  |   |                                |               | X  | Constant reaching. Most common will be forward reaching, however overhead and low reaching can at times be frequent. Reaching is often combined with holding hand tools.  |
| Handle   |   |                                |               | X  | Constant handling of tools and fixtures. Most tools are power tools such as drills and saws. Some vibration is produced from power tools.   |
| Finger   |   |                                | X             |  | Occasional use of fingers when working with small objects such as nuts and bolts and operation buttons on power tools.  |
| Balance  |   | X                              |               |  | Occasionally working outside in winter conditions that include ice. Working with both hands while standing on ladders. Carrying objects up and down stairs.   |

|                |           |                |                  |
|----------------|-----------|----------------|------------------|
| Rare (R)       | 1 - 10%   | 1 - 5 min/hr   | < 1 hr/day       |
| Occasional (O) | 11 - 33%  | 6 - 20 min/hr  | 1 - 2 ½ hr/day   |
| Frequent (F)   | 34 - 66%  | 21 - 40 min/hr | 2 ½ - 5 ½ hr/day |
| Constant (C)   | 67 - 100% | 41 - 60 min/hr | > 5 ½ hr/day     |

\*Denotes Essential Function

Evaluator: Mark Coleman, OTR/L

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