JOB TASKS OVERVIEW POSITION: CARPENTER

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| **ACTIVITY** | **JOB DEMANDS** | |
| Sit | Minimal |  |
| Stand | Frequent |  |
| Walk | Frequent |  |
| **ACTIVITY** | **OCCASIONAL** | **FREQUENT** |
| Above Shoulders Lift - Bilateral | 45 | 20 |
| Desk/Chair Lift - Bilateral | 75 | 25 |
| Chair/Floor Lift - Bilateral | 75 | 35 |
| Push (psi) | 75 | 20 |
| Pull (psi) | 65 | 20 |
| Carry Right Hand | 50 | 10 |
| Carry Left Hand | 50 | 10 |
| Carry Both hands | 75 | 15 |
| Balance | Occasional |  |
| Bend/Stoop | Occasional |  |
| Climb | Frequent |  |
| Crawl | Occasional |  |
| Crouch | Occasional |  |
| Repetitive Foot Movements | Occasional |  |
| Hand - Simple Grasp | Frequent |  |
| Hand - Firm Grasp | Frequent |  |
| Hand - Fine Grasp | Frequent |  |
| Head / Neck - Static | Frequent |  |
| Head / Neck - Flexion | Frequent |  |
| Head / Neck - Rotation | Occasional |  |
| Kneel | Occasional |  |
| Squat | Frequent |  |

Minimally Occasional: 1-5% (0 to .5 hours)

Occasionally: 6-33% (.5 to 2.5 hours)

Frequent: 34-66% (2.5 to 5.5 hours)



Continuously: 67-100% (> 5.5 hours)

All weights listed in pounds.