JOB TASKS OVERVIEW POSITION: LABOURER

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| **ACTIVITY** | **JOB DEMANDS** |
| Sit | Minimal Occasional |
| Stand | Frequent |
| Walk | Frequent |

**ACTIVITY**

**OCCASIONAL**

**FREQUENT**

Above Shoulders Lift - Bilateral 40 35

Desk/Chair Lift - Bilateral 60 40

Chair/Floor Lift - Bilateral 75 35

Push (psi) 60 45

Pull (psi) 75 40

Carry Right Hand 30 15

Carry Left Hand 30 15

Carry Both hands 50 30

Balance Bend/Stoop Climb Crawl Crouch

Repetitive Foot Movements

Hand - Simple Grasp Hand - Firm Grasp Hand - Fine Grasp Head / Neck - Static Head / Neck - Flexion Head / Neck - Rotation Kneel

Squat

Occasional Frequent Occasional Minimal Occasional Occasional Minimal Occasional Frequent

Frequent

Occasional Frequent Frequent Occasional

Minimal Occasional Occasional

**Minimally Occasional: 1-5% (0 to .5 hours) Frequent: 34-66% (2.5 to 5.5 hour**

**Occasionally: 6-33% (.5 to 2.5 hours) Continuously: 67-100%** (> **5.5 hour All weights listed in pounds.**