

## JOB TASKS OVERVIEW

### POSITION: CARPENTER

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.**