

JOB TASKS OVERVIEW

POSITION: LABOURER

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	Occasional	
Bend/Stoop	Frequent	
Climb	Occasional	
Crawl	Minimal Occasional	
Crouch	Occasional	
Repetitive Foot Movements	Minimal Occasional	
Hand – Simple Grasp	Frequent	
Hand – Firm Grasp	Frequent	
Hand – Fine Grasp	Occasional	
Head / Neck – Static	Frequent	
Head / Neck – Flexion	Frequent	
Head / Neck – Rotation	Occasional	
Kneel	Minimal Occasional	
Squat	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.