

**PHYSICAL AND MENTAL ACTIVITY FORM** 10/30/07

Job Class	<b>EQUIPMENT MECHANIC</b>
Class Code	<b>3711</b>

**Instructions:** Below is a list of activities and other characteristics of the job class. First indicate the frequency with which the task is performed – never, monthly, weekly, up to one hour/day, or more than one hour/day. Next, indicate the task numbers of the best examples of tasks for which the listed activities are required. (Note: Essential functions are denoted by bold task numbers)

<b>1. PHYSICAL ABILITIES</b>						
<b>A. Muscular Strength – exerting muscular force against objects or to move one’s own body</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Pushing/Pulling					X	<b>19, 22, 35, 42, 53</b>
Lifting – from floor Item Lifted: Tire Weight: 20-25 lbs				X		<b>14, 18, 19</b>
Item Lifted: Break drum Weight: 80 lbs				X		<b>14, 15</b>
Lifting – from table Item Lifted: Stack valve Weight: 40 lbs				X		<b>28</b>
Item Lifted: Starter/Alternator Weight: 45 lbs			X			<b>28</b>
Carrying Item Carried: Battery Weight: 35-40 lbs					X	<b>26, 28, 53</b>
Item Carried: Break rotor Weight: 35-40 lbs				X		<b>3, 14</b>
<b>B. Muscular Endurance – continuous muscular exertion for more than two minutes; resistance to muscular fatigue</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:				X		<b>3, 18, 23</b>
<b>C. Anaerobic Capacity – exertion of maximum physical effort for 5 to 90 seconds</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:				X		<b>3, 18, 23</b>

<b>D. Cardiovascular Endurance – sustaining physical effort for more than 5 minutes that results in increases in breathing and heart rate</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:	X					
<b>E. Flexibility – bending, stretching, and or twisting the body, arms, or legs</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Twisting Back					X	25, 35, 36, 37
Reaching Above Shoulder				X		17, 22, 23, 38
Reaching Below Shoulder				X		26, 28, 32, 36
Bending Neck					X	9, 10, 15, 23
Bending Wrist					X	19, 35, 36, 42
Bending Waist					X	2, 9, 11, 36
Bending Knees					X	18, 19, 20, 24
<b>F. Balance – maintaining the body in a stable position</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Walking on uneven surfaces					X	53
Climbing equipment (e.g., ladder, pole, scaffolding)					X	10, 29, 30, 32
<b>G. Coordination – precision in sequencing and/or simultaneous movement of the arms, hands, legs, feet, and/or the entire body</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Crawling					X	14, 22, 23, 25
Walking					X	2, 7, 28, 53
Grasping					X	25, 27, 35, 37
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	35, 36, 42, 47
Operation of Foot Pedals				X		15, 20, 53

<b>H. Minimal Body Movement</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	<b>45, 47, 48, 53</b>
Standing					X	<b>8, 11, 20, 29</b>

<b>2. WORKING CONDITIONS/WORK ENVIRONMENT</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
<b>Unpleasant Environment</b>						
Noise levels over 70 decibels (equal to busy street traffic)					X	<b>18, 19, 23</b>
Exposure to extremes in temperature					X	<b>23, 24, 36, 53</b>
Working in areas with limited ventilation	X					
<b>Health Risk</b>						
Exposure to chemicals, dust, and/or fumes					X	<b>14, 21, 23, 26</b>
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)		X				<b>20, 27</b>
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens		X				<b>20, 53</b>
<b>Accident Risk</b>						
Close working proximity to hazardous equipment and machinery					X	<b>Most tasks</b>
Working at heights over 6 feet from the ground					X	<b>10, 29, 30, 32</b>

<b>3. COGNITIVE/ INTERPERSONAL/PSYCHOLOGICAL STRESSORS</b>						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
<b>Cognitive</b>						
Performing tasks requiring intense concentration					X	2, 3, 13, 51
Performing repetitive tasks					X	10, 14, 15, 47
Sustaining attention despite interruptions				X		2, 3, 13, 51
Shifting attention from one issue to another based on priorities					X	45, 48, 51
Performing tasks requiring significant independent judgment, or with minimal supervision					X	2, 15, 19, 51
Making complex decisions while considering several factors					X	2, 14, 19, 51
Performing tasks with deadlines					X	20, 47, 51, 52
Paying attention to detail					X	14, 15, 19, 51
<b>Interpersonal</b>						
Performing tasks as part of a team, where members rely on each other					X	47, 48, 49, 51
Performing tasks for general public in service-related position					X	12, 20, 29, 45
Performing tasks that elicit negative responses from the public					X	53
<b>Psychological Stressors</b>						
Working in area/conditions where risk to own safety or others is high					X	9, 18, 25
Performing tasks that can be emotionally disturbing	X					
Using/exposure to weapons		X				9, 27 (LAPD ONLY)
Working in areas with limited space (underground tunnels, crawl spaces, elevators)		X				53 (DWP ONLY)

<b>4. SENSES/SPEECH</b>			
	No	Yes	Task #s
<b>Hearing</b>			
Hearing Acuity	X		<b>1, 20, 23</b>
Understanding speech in presence of noise	X		
Localizing sound		X	<b>1, 15, 23</b>
<b>Vision</b>			
Visual Acuity		X	<b>6, 9, 51, 53</b>
Depth Perception	X		
Color vision –accurately and quickly naming colors	X		
<b>Touch</b>			
Performing tasks that require sense of touch		X	<b>25, 31, 36, 53</b>
<b>Smell</b>			
Performing tasks that require sense of smell		X	<b>21, 23, 31</b>
<b>Speaking</b>			
Speaking clearly enough to be understood		X	<b>51, 53</b>
Using public address system, phone, radio		X	<b>29, 51, 53</b>

<b>5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT</b>	
<b>LIST:</b>	
	Task #s
Tow trucks	<b>20, 53</b>
Dump Truck	<b>20</b>
Forklift	<b>20</b>
Bucket truck	<b>20</b>