

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class	SR. GARDENER
Class Code	3143

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)

1. PHYSICAL ABILITIES						
A. Muscular Strength – exerting muscular force against objects or to move one’s own body						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Pushing/Pulling					X	1, 2, 3, 4, 10
Lifting – from floor Item Lifted : Fertilizer Weight : 50lbs		X				3, 5, 13
Item Lifted: Hose Weight: 40lbs				X		1, 3, 5, 13
Lifting – from table Item Lifted: Supplies Weight: 35lbs			X			16
Item Lifted: Power Tools Weight: 45lbs				X		2, 19, 20
Carrying Item Carried: Fertilizer/Seed Weight: 50lbs		X				3, 5, 13, 26
Item Carried: Supplies Weight: 35lbs			X			16
B. Muscular Endurance – continuous muscular exertion for more than two minutes; resistance to muscular fatigue						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: Pruning/Trimming			X			4, 15, 21
C. Anaerobic Capacity – exertion of maximum physical effort for 5 to 90 seconds						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity:	X					

D. Cardiovascular Endurance – sustaining physical effort for more than 5 minutes that results in increases in breathing and heart rate

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
List Activity: Digging/Sand Bagging			X			5, 8, 14, 22, 23, 24

E. Flexibility – bending, stretching, and or twisting the body, arms, or legs

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Twisting Back					X	1, 2, 3, 14, 24
Reaching Above Shoulder			X			4, 26
Reaching Below Shoulder					X	1, 2, 3, 22, 29
Bending Neck					X	1, 2, 3, 22, 29
Bending Wrist					X	1, 2, 3, 22, 29
Bending Waist					X	2, 3, 5, 6, 7, 22, 24
Bending Knees					X	14, 19, 20, 22

F. Balance – maintaining the body in a stable position

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Walking on uneven surfaces					X	1, 2, 3, 4, 5, 14, 24
Climbing equipment (e.g., ladder, pole, scaffolding)		X				23, 26, 28

G. Coordination – precision in sequencing and/or simultaneous movement of the arms, hands, legs, feet, and/or the entire body

	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Crawling			X			12, 14, 22
Walking					X	Most tasks
Grasping					X	Most tasks
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)				X		16, 18, 21, 26
Operation of Foot Pedals					X	2, 10, 25, 29

H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	2, 16, 17, 18
Standing					X	Most tasks

2. WORKING CONDITIONS/WORK ENVIRONMENT						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hour/day	Task #s
Unpleasant Environment						
Noise levels over 70 decibels (equal to busy street traffic)				X		2, 8, 14, 25, 29
Exposure to extremes in temperature		X (Seasonal)				Most tasks
Working in areas with limited ventilation		X				13, 16
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	2, 3, 13, 14, 19, 26, 27, 28
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)				X		23, 24
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens	X					
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	Most tasks
Working at heights over 6 feet from the ground	X					

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

4. SENSES/SPEECH			
	No	Yes	Task #s
Hearing			
Hearing Acuity	X		
Understanding speech in presence of noise	X		
Localizing sound	X		
Vision			
Visual Acuity		X	Most tasks
Depth Perception	X		
Color vision –accurately and quickly naming colors	X		
Touch			
Performing tasks that require sense of touch		X	2, 8, 28
Smell			
Performing tasks that require sense of smell	X		
Speaking			
Speaking clearly enough to be understood		X	Most tasks
Using public address system, phone, radio		X	Most tasks

5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT			
LIST:			
	No	Yes	Task #s
Pick-Up Truck		X	7, 29
Ride-On Mowers		X	2, 29
Golf Cart		X	1, 29
		X	