

PHYSICAL AND MENTAL ACTIVITY FORM 10/30/07

Job Class	Traffic Officer
Class Code	3214

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			3, 27, 30
Lifting – from floor Item Lifted: Wheel Boots Weight: 35 lbs				X		27, 30
Item Lifted: Barricades Weight: 10-15 lbs			X			3
Lifting – from table Item Lifted: Wheel Boots Weight: 35 lbs				X		27, 30
Item Lifted: Barricades Weight: 10-15 lbs			X			3
Carrying Item Carried: Wheel Boots Weight: 35 lbs				X		27, 30
Item Carried: Barricades Weight: 10-15 lbs			X			3
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: Traffic Control					X	6, 8, 10, 11
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: Traffic Control					X	6, 8, 10, 11
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	16, 18, 27, 30
Reaching Above Shoulder					X	6, 8, 10, 11
Reaching Below Shoulder			X			3, 27, 30
Bending Neck					X	2, 4, 6, 7, 9
Bending Wrist					X	6, 18, 20, 23, 35
Bending Waist					X	3, 16, 18, 27, 30
Bending Knees					X	18, 27, 30
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	5, 16
Climbing equipment (e.g., ladder, pole, scaffolding)	X					
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					
Walking					X	5, 16
Grasping					X	3, 23, 35, 38
Fine Manipulation of Hands (e.g., writing, typing, assembly, tool use)					X	20, 21, 28, 33
Operation of Foot Pedals					X	16

H. Minimal Body Movement						
	Never	Monthly	Weekly	Daily – up to an hr/day	More than an hr/day	Task #s
Sitting					X	16, 35
Standing					X	3, 6, 10, 12

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	5, 7, 8, 9, 10, 11, 12, 37
Exposure to extremes in temperature		X				5, 6, 7, 16
Working in areas with limited ventilation	X					
Health Risk						
Exposure to chemicals, dust, and/or fumes					X	Most tasks
Exposure to bio-hazards (blood-borne pathogens, sewage, hospital waste)		X				5, 6, 7, 8, 11
Exposure to radiation, lead, radon, asbestos, EMF or other carcinogens	X					
Accident Risk						
Close working proximity to hazardous equipment and machinery					X	5, 6, 7, 8, 11
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	6, 7, 8, 10, 11
Performing repetitive tasks					X	16
Sustaining attention despite interruptions					X	6, 7, 20
Shifting attention from one issue to another based on priorities				X		6, 7, 8, 10, 11
Performing tasks requiring significant independent judgment, or with minimal supervision					X	Most tasks
Making complex decisions while considering several factors			X			16
Performing tasks with deadlines					X	16, 18, 22
Paying attention to detail					X	20, 22, 32, 33
Interpersonal						
Performing tasks as part of a team, where members rely on each other			X			25, 27, 30
Performing tasks for general public in service-related position					X	6, 36, 37
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	Most tasks
Performing tasks that can be emotionally disturbing			X			11, 37
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	Most tasks
Understanding speech in presence of noise		X	Most tasks
Localizing sound		X	Most tasks
Vision			
Visual Acuity		X	Most tasks
Depth Perception		X	6, 8, 9
Color vision –accurately and quickly naming colors	X		
Touch			
Performing tasks that require sense of touch	X		
Smell			
Performing tasks that require sense of smell	X		
Speaking			
Speaking clearly enough to be understood		X	36, 37
Using public address system, phone, radio		X	26, 35, 38

5. MOVING VEHICLES/HEAVY DUTY MACHINERY AND EQUIPMENT			
LIST:			
	No	Yes	Task #s
Passenger Vehicle		X	16
Passenger Vans		X	16, 27, 30
Pick-Up Truck		X	3