

Referral: Robb Armstrong		Organization: City of Richmond						Title: Building Services Worker		
Dept.:		Division:						Contact:		
PHYSICAL DEMANDS		REQD	SIDE	FREQUENCY*				Max. Weight (kg)	Usual Weight (kg)	COMMENTS
				Sel 1	Low 2	Mod 3	High 4			
S T R E N G T H	Lifting - Floor to Knuckle		B		X			25	8	Awkward sport equipment, furniture, bags, mats
	Lifting - Knuckle to Waist		B			X		40	10	Tables, chairs, sports equipment, supplies
	Lifting - Waist to Shoulder		B		X			15	<5	Chairs, supplies, ladders
	Lifting - Over Head		B	X				5	<5	Supplies off shelves, materials onto shelf
	Carrying - With Handles		D		X			10	5	Exercise mats,garbage cans less than 30 m
	Carrying - Without Handles		B			X		20	5	Awkward sport equipment, furniture, bags, mats
	Pushing - Upper Extremity		D			X		10	5	Close/open doors, vacuum, mop
	Pushing - Hip/Leg Assist		B		X			25	5	Close/open doors, dividers, scrubber, furniture
	Pulling - Upper Extremity		B			X		10	5	Close/open doors, vacuum, mop
	Pulling - Hip/Leg Assist		B		X			25	5	Close/open doors, dividers, scrubber, furniture
	Reach - Shoulder or Above		B			X		5	arm+	Access shelves, cupboards, change light bulb
	Reach - Sho. or Above extnd					X		arm+	arm+	Change bulb, reach awkward location for clean
	Reach - Below Shoulder		B				X	5	arm+	Using vacuum, access garbage cans, awk. clean
	Reach - Bel. Shoulder extnd		B		X			3	arm+	Using vacuum, access garbage cans, awk. clean
Handling		B				X	10	<1	Sport equip, tables, vacuum/scrubber, supplies	
Gripping		B				X	high	low	Dividers, hoses, handles, cans, bags, keys	
Fine Finger Movements		D			X		low	low	Writing, fax/phone buttons, keys, sprays	
E N R G	Aerobic (percent)						75			Standing, sitting, light walking (low power requirement)
	Anaerobic (percent)				25					Momentary heavy exertion with push/pulling or lifting
	High Energy Expenditure			X						Possible in some locations feature more volume +/-or intensity
	Low Energy Expenditure					X				Many activities are low energy demand, varies by location
P O S T U R E + M O B I L I T Y	Neck - Static Flexion					X				Working at desk, vacuuming, floor cleaning, low cleaning
	Neck - Static Neutral					X				While cleaning a vertical surface (generally short duration)
	Neck - Static Extension				X					Short duration- look up to change lighting, longer @ Arts Centre
	Neck - Rotation		B		X					Shoulder check when driving, momentary
	Throwing									
	Sitting				X					To do paperwork (on older steno chair), drive (own vehicle)
	Standing					X				Talk to people, position while cleaning
	Walking						X			Up to 200 m/time on concrete/carpet, w/vacuum/scrubber
	Running/Jumping									
	Climbing - Arms and Legs			X						Climb up a step or extension ladder to max of 5 metres
	Climbing - Legs Only				X					Stairs outside and inside up to seven floors possible
	Bending/Stooping					X				Access things at knee level, pick up garbage from the ground
	Crouching				X					Gain access to an awkward cleaning location, access supplies
	Kneeling				X					While carrying out a repair or cleaning at low level
Crawling										
Twisting		B	X						Working in an awkward position such as below a sink	
Balancing			X						Occasionally on a ladder	
G E N E R A L	Traveling				X					Possible in some instances to pick-up supplies + other errands
	Work Alone					X				Most often work alone, although they are in public areas often
	Interact with Public					X				In person almost constantly except if involved in night work
	Operate Equip/Machinery		B			X				Vacuums, floor polishers, floor scrubbers, radio, pool equip.
	Irregular/Extended Hours					X				Shifts vary considerably from location to location, nights poss.

\* Frequency Legend 1 = Seldom; Not Daily 2 = Low Daily Activity; < 1hr  
 3 = Moderate Demand; Repetition 1 - 3 hrs daily 4 = High Frequency Demand; Repetition > 3 hrs daily  
 The following shading denotes a HIGH RISK TASK:  Modifications should be considered

**REQD** is marked if the particular demand or category is relevant to the purpose of the job.  
**SIDE** refers to the side or limb required to execute a task. If it is marked **E**, it indicates either side, the most common choice is listed first. **D** refers to dominant and **B** to both sides.

