

Referral: Karen Sinclair		Organization: City of Richmond						Title: Lifeguard		
Dept.: Parks and Recreation		Division: Pools (Watermania)						Contact:		
PHYSICAL DEMANDS		REQD	SIDE	FREQUENCY*				Max. Weight (kg)	Usual Weight (kg)	COMMENTS
				Sel	Low	Mod	High			
				1	2	3	4			
S T R E N G T H	Lifting - Floor to Knuckle		B		X			50	<15	buckets, equipment/stairs in/out of pool, rescue
	Lifting - Knuckle to Waist		B			X		100	<15	equipment/stairs in/out of pool, buckets
	Lifting - Waist to Shoulder		B	X				10	<1-3	support patron in pool during lesson
	Lifting - Over Head									
	Carrying - With Handles		D	X				20	<1-3	buckets, first aid kit, back board (< 100 m)
	Carrying - Without Handles		B		X			30	<10	equipment, garbage bags, powerwasher
	Pushing - Upper Extremity		B			X		10	<1-3	scrub equipment/slides
	Pushing - Hip/Leg Assist		B			X		30	<10	pool maint., auto-scrubber, broom/mop
	Pulling - Upper Extremity		B			X		50	<10	pool maint., swim stroke, victim, lane ropes
	Pulling - Hip/Leg Assist		B			X		50	10	stairs/equip in/out, move bulkhead/ropes, victim
	Reach - Shoulder or Above		D		X			10	<1-3	support patron in water during lesson
	Reach - Sho. or Above extnd									
	Reach - Below Shoulder		B		X			60	<10	pool maint., work with equipment, laundry
	Reach - Bel. Shoulder extnd		B		X			100	<10	assist patron, put equip/stairs in/out of the pool
	Handling		B			X		100	<15	buckets, ropes, equipment, victims, tools
Gripping		B			X		50	<10	pinch and power grip, often slick, bodies	
Fine Finger Movements		B			X		max.	min.	hooking lane ropes, bolts/tools, first aid	
E	Aerobic (percent)						85			guard/instruct pool maintenance, low level requirement
N	Anaerobic (percent)				15					rescue victim, heavy lift
R	High Energy Expenditure				X					heavy lifting/pulling, climbing stairs, rescues
G	Low Energy Expenditure					X				guard/instruct, pool maintenance
P	Neck - Static Flexion					X				some maintenance tasks, inspecting slides, talking to patrons in water
O	Neck - Static Neutral					X				walking patrol, scan pool, pool maintenance, first aid
S	Neck - Static Extension				X					during instruction from water to deck, look at guard in chair
T	Neck - Rotation		B			X				scan pool while guarding, instruction/pool maint., rescue
U	Throwing		B	X						lane ropes, throw conscious victim line, pfd, etc,
R	Sitting				X					may sit in guard chair or control room for up to 20 minutes
E	Standing		B			X				guarding, during instruction in pool, pool maint.(30 sec to 10 min/time)
+	Walking					X				guarding, pool maintenance/cleaning (slowly on hard surface)
M	Running/Jumping			X						possibly during rescue (jump from side of pool)
O	Climbing - Arms and Legs				X					in and out of pool at side or using ladder
B	Climbing - Legs Only				X					up and down stairs to slides, up slide during inspection
I	Bending/Stooping		B			X				instruction to patrons, pool maintenance, cleaning, rescue
L	Crouching		B			X				instruction to patrons, pool maintenance, rescue
I	Kneeling				X					instruction to patrons, pool maintenance, rescue
T	Crawling				X					during waterslide inspections for up to 100 metres (incline)
Y	Twisting		B		X					instruction, rescue, pulling lane ropes
	Balancing				X					at pool edge, on bulkhead, on ladders/chairs, on slides
G	Traveling									
E	Work Alone				X					in mechanical room, have a radio at all times
N	Interact with Public					X				guarding, lessons, young children to seniors
	Operate Equip/Machinery									power-washer, autoscrubber, washing machine/dryer
	Irregular/Extended Hours					X				2-8 hour shifts depending on location and job function

* 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: Controls 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.

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P E R C E P T I O N	Hearing - Conversations		B				X	coworkers, patrons in an area with high background noise	
	Hearing - Other Sounds		B				X	alarms, wave pool signals, patrons, overhead P.A.	
	Vision - Far		B				X	scan pool and pool deck, instruction, pool maint., rescue	
	Vision - Near		B		X			close examinations of equipment or a victim	
	Vision - Colour		B			X		water testing, victim assessment	
	Vision - Depth		B				X	scan pool/pool deck, pool maintenance, rescue	
	Perception - Spatial		B				X	walking patrol, scan pool&deck, pool maint., rescue	
	Perception - Form		B				X	patron recognition for instruction/guarding, slide inspection	
	Feeling (Tactile)		D		X			victim assessment, hands-on instruction	
	Reading				X			instruction material, SOP's, schedules and notices	
	Writing				X			recording pool information, making notes	
	Speech						X	patrons/coworkers (via phone, PA and in person sometimes shouting) in pool building	
	W O R K E N V I R O N M E N T	Inside Work						X	in pool building
		Outside Work							
Hot Conditions >25 deg. C				X				in mechanical room	
Cold Conditions <10 deg.C									
Humid							X	on pool deck - minimum 65% humidity	
Dust									
Vapor Fumes				X				cleaning agents	
Hazardous Machines									
Proximity to Moving Object							X	children, adults during instruction and guarding, bulkhead	
Noise							X	on pool deck (can be very high), in locker rooms	
Electrical Hazard									
Sharp Tools									
Radiant/Thermal Energy					X			sun reflecting through windows, in mechanical room	
Slippery Conditions							X	on pool deck and in locker rooms	
O T H E R	Vibration and Related								
	Chemical Irritants			X				cleaning agents	
	Organic Substances				X			feces, urine in the pools, vomit and food in all areas	
	Medical Waste								
	Blood Products				X			first aid, rescue (bloody noses, lacerations/abrasions)	
	Congested Worksite					X		peak times at pools	
	Lighting - Direct						X	sunlight, overhead lights	
Lighting - Indirect						X	sunlight, overhead lights		
P S Y C H	Consequences of Error						X	death, serious injury to patrons	
	Competence Challenge						X	Keeping track of patrons in busy times, responding to crises	
	Autonomy					X		Some decision making latitude on approaches, scheduled	
Relatedness			X				Dealling with co-workers and public constantly		

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For detailed descriptions of each of the different categories, please refer to the reference guide or inquire with Human Effort at 1-888-4EFFORT