

Referral: Rob Armstrong		Organization: City of Richmond						Title: Truck Driver 1 - Litter Attendant		
Dept.: Emergency/Environmental		Division: Litter Pick-up						Contact:		
PHYSICAL DEMANDS		REQ	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		35	15	Bags of garbage, discarded items
	Lifting - Knuckle to Waist		B			X		35	15	Bags of garbage, discarded items
	Lifting - Waist to Shoulder		B			X	X	30	10	Bags of garbage, discarded items, bag roll
	Lifting - Over Head		B				X	35	10	Bags of garbage, discarded items
	Carrying - With Handles		D				X	arm	arm	Grasper while picking
	Carrying - Without Handles		D				X	30	8	Bags(full/empty), containers, tools, bag roll
	Pushing - Upper Extremity		B				X	35	10	Bags up into hopper
	Pushing - Hip/Leg Assist		B			X		35	15	Bags up into hopper, knock over bin
	Pulling - Upper Extremity		B				X	15	8	Open truck doors, hopper door, bags from bins
	Pulling - Hip/Leg Assist		B			X		35	15	Bins over on side, bags out of bins, drag bags
	Reach - Shoulder or Above		D			X		10	arm	Position arms when placing a trash bag in truck
	Reach - Sho. or Above extnd									
	Reach - Below Shoulder		B				X	20	arm+	Access bags on truck/in bins, access rear truck
	Reach - Bel. Shoulder extnd		B			X		10	arm+	Reaching into bins, using grasper
Handling		B				X	30	5	Bags(full/empty), containers, tools, bag roll	
Gripping		B				X	extr.	mod.	Grasper, bags (heavy), containers-using gloves	
Fine Finger Movements		D				X	low	low	Keys, small fasteners, adjust bags, trigger	
E	Aerobic (percent)					75				Sit, stand/walk
N	Anaerobic (percent)				25					Heavy lifts
R	High Energy Expenditure				X					Total volume of walking and lifting is significant
G	Low Energy Expenditure				X					If driving or waiting or very light walking
	Neck - Static Flexion					X				Looking down to do litter pick-up, attach bags (brief duration)
P	Neck - Static Neutral									
O	Neck - Static Extension									
S	Neck - Rotation		B			X				Normal movement, while driving to shoulder check
T	Throwing		B			X				Large garbage bags into back of truck (some with mass>20kg)
U	Sitting					X				Driving in truck from site to site or from works yard (10 min/time
R	Standing		B		X					Briefly while getting things from the truck or preparing container
E	Walking						X			To and from vehicle (10 m) and on medians and parks (>2 km)
+	Running/Jumping									
M	Climbing - Arms and Legs					X				In and out of truck (<1 metre)
O	Climbing - Legs Only				X					Walking up grades on grass
B	Bending/Stooping		B				X			To pick-up refuse from ground, access contents of containers
I	Crouching		B		X					To inspect and/or pick-up refuse from the ground
L	Kneeling									
I	Crawling									
T	Twisting		B		X					While turning over a large cannister
Y	Balancing									
	Traveling				X					From park to park along roads within Richmond in a truck
G	Work Alone									This is a solo job, must check in regularly
E	Interact with Public				X					On jobsites and as a driver in traffic, varies by location
N	Operate Equip/Machinery					X				Drive half-ton truck, garbage picker (grasper)
	Irregular/Extended Hours									Not under most circumstances - Mon. - Fri. (0730 - 1600)

\* 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: [shaded box] 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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Dept.:		Division:						Contact:	
PHYSICAL DEMANDS		REQD	SIDE	FREQUENCY*				COMMENTS	
				1	2	3	4		
P E R C E P T I O N	Hearing - Conversations		B		X			Communications with co-workers/public, some radio	
	Hearing - Other Sounds		B			X		Traffic	
	Vision - Far		B				X	All activities	
	Vision - Near								
	Vision - Colour								
	Vision - Depth					X		Speed/position while driving	
	Perception - Spatial						X	Picking up litter with tool, working around large bins, driving	
	Perception - Form								
	Feeling (Tactile)			X				Threading bag onto frames, difficult through gloves	
	Reading				X			Maps, brief notations, signs, memos	
W O R K E N V I R O N M E N T	Writing				X			Brief notes	
	Speech					X		Co-workers and public, some over radio	
	Inside Work				X			Some meetings and briefings	
	Outside Work						X	Almost all work in all weather conditions	
	Hot Conditions >25 deg. C			X				Occasionally in summer	
	Cold Conditions <10 deg.C				X			Possible in winter	
	Humid				X			On a few days in the summer, during rain	
	Dust					X		From roads, fields, construction, roadside pullouts	
	Vapor Fumes								
	Hazardous Machines				X			Dumping function on the box of the truck	
P S Y C H	Proximity to Moving Object					X		Working around traffic	
	Noise			X				Sometimes in heavy traffic	
	Electrical Hazard								
	Sharp Tools			X				Small knife for cutting bags, edges of some containers	
	Radiant/Thermal Energy				X			Reflected sunlight, through vehicle window while driving	
	Slippery Conditions						X	Wells are always slick inside, surface conditions change with de	
	Vibration and Related				X			Jarring transmitted throught the truck from driving	
	Chemical Irritants								
	Organic Substances						X	Discarded produce, meat scraps, animal feces, dead animals	
	Medical Waste					X		Syringes, used bandages and condoms are encountered	
Y C	Blood Products			X				Possible but unlikely	
	Congested Worksite								
	Lighting - Direct						X	Daylight	
	Lighting - Indirect					X		Glare from bright sun, reflected surfaces	
C	Consequences of Error				X			Trash accumulates, garbage is spread across park/roadway, et	
	Competence Challenge						X	Time pressure is significant	
	Autonomy					X		Some decision making latitude on approaches, scheduled	
C	Relatedness			X				Work alone almost all the time	

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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