



## JOB DEMANDS ANALYSIS

**Company:** Corporation of Delta

**Location:** Ladner, Tawassen,  
North Delta Recreation Centres

**Job Title:** Pool Maintenance Technician

**Classification:** Regular Duty

### Purpose of Activities

The Pool Maintenance Technician is responsible for the repair and maintenance of the pool and building mechanical equipment and maintenance of the pool water quality.

### Tools and Equipment

The Pool Maintenance Technician will use the following tools and equipment to perform his duties:

- Power tools – table grinder, compressor, router, skill saw, belt sander, mini grinder, drills, hammer drill, saber saw, pressure washer
- Hand tools – screw drivers, wrenches, sockets, hammers, files, rasps, pliers, level, pipe wrench, vise grips, square, hand saws, hack saw, tin snips, rivet gun, furniture dolly, hand carts, extension cords, caulking gun
- Locker lock repair kit, cylinder repair kit
- Paint brushes, rollers, extension handles, spray paint
- Step ladders, extension ladders
- Protective clothing to handle chemicals, - breathing apparatus, charcoal mask, goggles, rubber gloves, latex gloves

### Usual Methods

The Pool Maintenance Technician is responsible for the repair and maintenance of the pool and building mechanical equipment and maintenance of the pool water quality. He follows a checklist that requires visual inspection, repair and maintenance work to be carried out daily, weekly, bi-weekly, monthly, quarterly, bi-annually and on an annual basis. In addition, the Pool Maintenance Technician stationed at Ladner Recreation Centre is responsible for the start up, regular maintenance/repair and shut down of the outdoor pool.

**The presence of \*\* indicates non-value added tasks. These tasks do not contribute to the stated purpose of the work.**

### Administrative Issues

The Pool Maintenance Technician works an eight-hour day from 0700 to 1530, Monday to Friday. This position has an overtime and on-call requirement. The Pool Maintenance Technician typically works alone. He receives a ten-minute rest period in the morning, a 30-minute lunch break and a ten-minute rest period in the afternoon. The Pool Maintenance



Technician stationed at Ladner Recreation Centre is also responsible for the mechanical and building maintenance and repair of the outdoor pool.

### Activity Demand Variables

These variables are tasks that must be carried out by the employee and are implicitly or explicitly required as objectives of the job.

- Walking, standing on concrete, tile or wet floor
- Lifting carrying, pushing, pulling light to heavy objects (<1-22 kg) from below feet to above shoulder height
- Exposure to chlorine and ozone gas, sodium hypochlorite, natural gas
- Enter confined spaces to access pool and building mechanical equipment
- Bend, stoop, crouch, kneel and crawl to repair and maintain pool and building mechanical equipment
- Hand and power tool use to repair and maintain pool and building mechanical equipment
- Climb up and down stairs, step ladders, extension ladders and roof ladders to access all parts of the pool and building

### Worker Decision Variables

These variables are the sub-routines and cognitive/physical decisions made by the worker in carrying out the objectives of the job.

- Body posture and lifting technique
- Some task organization

### Accommodative Considerations

1. People with injuries to the spine in any region may have difficulty with the dynamic and static movements required during pool and building maintenance and repair.
2. People with shoulder injuries such as rotator cuff tendonitis, bursitis and instability may have difficulty with static loading and dynamic reaching activities found in the building and pool repair and maintenance tasks
3. People with any upper extremity problems may have difficulty with this position.
4. Individuals who do not cope in open low-autonomy work environments would have difficulty with this position.
5. The Pool Maintenance Technician must have a working knowledge to trouble shoot heating, ventilation and air conditioning (HVAC) equipment, pumps, motors, pool chemical application, etc.

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## Summary of Stresses

### Metabolic Stresses

The aerobic energy system will supply the major source of energy while performing the duties and responsibilities of the Pool Maintenance Technician. This energy system will be required to maintain the low to moderate energy requirement necessary for this work. Short intense periods of activity will be supplied by the anaerobic energy systems. Performing tasks and duties using poor posture or technique will decrease the metabolic demand required throughout the shift but these postures and techniques will increase the structural stress to the spine and upper and lower extremities.

### Structural Stresses

**Spine** – the static and dynamic nature of this position will require concentric, static and eccentric muscle contractions of the cervical, thoracic and lumbar spine in flexion, extension, lateral flexion and rotation. Typically, these movements will be performed during repair and maintenance tasks. Postural control (loaded or unloaded) is critical to maintaining a healthy spine. If spinal control is not maintained during task, a flexed spine posture is adopted. This posture requires no activity from the torso musculature, but increases asymmetrical disc compression, passive stretch on the posterior ligaments and disc fibres. This can contribute to disc integrity problems over time as well as decondition the torso support musculature. Shear forces to the discs, ligaments and fibres are also increased during the repeated manual handling (spinal flexion, extension, lateral flexion and rotation) of pool chemicals, pumps, motors, filters, tools and equipment and supplies.

**Shoulders, Upper Extremities and Neck** – due to the static upper extremity positions and the frequent reaching during repair and maintenance tasks, the muscles in the rotator cuff of the shoulder (especially dominant extremity) and the upper trapezius and scalene muscles of the neck, maintain significant and often constant static load. Lifting pool chemical bags/drums and other equipment above shoulders and overhead will also tax this area as described above. Static grip and compression forces through the upper extremity are high during tool and equipment use.

**Hips and Lower Extremities** – will be taxed in the many dynamic movements associated with walking, standing, climbing up and down stairs and ladders, bending, stooping, crouching or kneeling. Often these actions are performed on wet concrete or tile, which will decrease the Pool Maintenance Technician's stability in these movements. The concrete and tile floor and pool decks dramatically increase the forces transferred up through the ankles, knees and hips into the Pool Maintenance Technician's spine, which will increase the pressure on the intervertebral discs and associated structures of the spine.

**Chemical Exposure** – the Pool Maintenance Technician is at risk for chemical exposure at various stages throughout the day. These chemicals range from Muriatic acid, hydrogen chloride, sodium hypochlorite, liquid chlorine, ozone, etc. The Pool Maintenance Technician may be required to wear rubber gloves, face shield, protective rubber clothing and/or a respirator when performing repair and maintenance activities where the above chemicals are involved. Exposure to these chemicals may cause skin, eye, nose and throat irritation to death.



## **INTERVENTIONS**

Recommendations that could be implemented to increase productivity and lessen the risk of injury are listed below:

1. Teach postural awareness or body care sessions that focus on the importance of proper body posture and how it relates to their ultimate physical comfort and fatigue level.
2. Encourage the Pool Maintenance Technician to maintain an increased level of fitness away from work that will focus on cardiovascular endurance, muscular strength, muscular endurance and flexibility.



