

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 1	Low 2	Mod 3	High 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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PHYSICAL DEMANDS		REQD	SIDE	FREQUENCY*				COMMENTS	
				Sel. 1	Low 2	Mod. 3	High 4		
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 O L O G Y	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	
C	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