

Referral: Rob Armstrong		Organization: City of Richmond						Title: Truck Driver 1 - Litter Attendant		
Dept.: Emergency/Environmental		Division: Litter Pick-up						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		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)									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
P	Neck - Static Flexion					X				Looking down to do litter pick-up, attach bags (brief duration)
O	Neck - Static Neutral									
S	Neck - Static Extension									
T	Neck - Rotation		B			X				Normal movement, while driving to shoulder check
U	Throwing		B			X				Large garbage bags into back of truck (some with mass>20kg)
R	Sitting					X				Driving in truck from site to site or from works yard (10 min/time)
E	Standing		B		X					Briefly while getting things from the truck or preparing container
+	Walking						X			To and from vehicle (10 m) and on medians and parks (>2 km)
M	Running/Jumping									
O	Climbing - Arms and Legs					X				In and out of truck (<1 metre)
B	Climbing - Legs Only				X					Walking up grades on grass
I	Bending/Stooping		B				X			To pick-up refuse from ground, access contents of containers
L	Crouching		B		X					To inspect and/or pick-up refuse from the ground
I	Kneeling									
T	Crawling									
Y	Twisting		B		X					While turning over a large cannister
	Balancing									
G	Traveling				X					From park to park along roads within Richmond in a truck
E	Work Alone									This is a solo job, must check in regularly
N	Interact with Public					X				On jobsites and as a driver in traffic, varies by location
	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: 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	
				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	
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, etc	
	Competence Challenge						X	Time pressure is significant	
	Autonomy					X		Some decision making latitude on approaches, scheduled	
	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