

Company Name: City of Richmond – Water Department

Job Title: Light Duty: Water Valve Lid Painting*

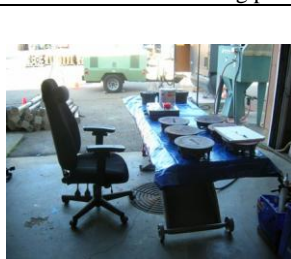
General Work Environment: Indoor environment; workshop setting with large garage/access door.

Work may be relocated into a large tent with heater, depending on weather conditions.

Tools used: 24”X80” adjustable height table with 30.5” maximum height, ergonomic chair and/or sit/stand stool, paint brushes, rags, paint bucket and cart to transport. Pallet jack and pallets (if included in workers’ duties; moving/loading pallets can be done by other workers). Protective equipment include coveralls, steel toe footwear. Gloves, ear protection and eye protection at worker’s discretion.

Job Task Categories:

1. Primary duty is painting lids; the tops of the lids are painted only using a brush.
2. Depending on injury, duties can also include transferring lids between table and pallets and moving pallets full of lids using pallet jack, however, these are accommodated for by being completed by other workers.



Functional Requirements:

GENERAL FUNCTIONS:	AMOUNT:	% OF WORKDAY	DESCRIPTION/COMMENTS
Walking	Intermittent short distances	1-33%	<ul style="list-style-type: none"> ▪ Worker is standing or sitting at the table; short distances of walking may be encountered e.g., walk around the table while working or walking to other areas for a break.
Standing/Sitting	Variable; worker specific accommodation	66 to 100%	<ul style="list-style-type: none"> ▪ Depending on the worker’s preference/nature of injury, worker can either sit or stand to perform the work. Adjustable height table, sit stand stool and fully adjustable ergonomic chair provided for postural variation.
Climbing	-	-	<ul style="list-style-type: none"> ▪ Not a critical job demand.
Kneeling / Crouching	-	-	<ul style="list-style-type: none"> ▪ Not a critical job demand. ▪ Crouching/kneeling may encountered to pick up items from low level, however, other workers can be assigned to do this. Workers have pallet jacks that can raise pallets to table height to eliminate low level posturing.
Stooping/Twisting	Variable	1-66%	<ul style="list-style-type: none"> ▪ Stooping can be minimized to mild range by raising table to appropriate height or by walking around table to access other side.
Neck positioning	Flexion, rotation	66-100%	<ul style="list-style-type: none"> ▪ Sustained neck flexion with rotation to view work.
Reaching	Frequent to Constant	66-100%	<ul style="list-style-type: none"> ▪ Unilateral reaching with brush to paint lid. ▪ Bilateral reaching (one to paint lid, one to stabilize or to move lids), depending on worker practices and duties incorporated.
MATERIALS HANDLING:	AMOUNT:	% OF WORKDAY	DESCRIPTION/COMMENTS
Handling / Grasping	Frequent to Constant	66-100%	<ul style="list-style-type: none"> ▪ Grasping of paint brush, cart and paint can ▪ Handling of individual water valve lids; can be done by worker or other worker
Lifting/Carrying	Demand can be accommodated for.	None or Variable Amounts	<ul style="list-style-type: none"> ▪ Water valve lids weigh from 5.5 kg to 7.0 kg each; paint can 3.0kg full. ▪ Lifting/carrying lids to place/take off table and onto pallet can be done by another worker, i.e., this demand can be completely accommodated for and avoided by worker on light duty.
Pushing / pulling	Whole body demands can be accommodated for.	None or Variable Amounts	<ul style="list-style-type: none"> ▪ Pushing/pulling demands e.g., moving pallets with pallet jack, is completed by another worker. ▪ Can incorporate varying levels of this duty into worker’s tasks, depending on recovery level. ▪ Occasional lower extremity pushing to operate compressor to lower/raise table.

*NB: This light duty position can be accommodated for workers with low back, lower extremity and upper extremity injuries.