

Physical Demands of Position

Job Title: *Mechanic* Hrs Per Day: Hrs Per Week:
 Brief Position Definition:

Endurance	Never:	Intermittent:	Occasional:	Frequent:	Continuous:
Number of hrs	0 Hrs	Less than 1 Hr	1-3 Hrs	3-6 Hrs	6+ Hrs
Sitting			✓		✓
Walking Level Surface			✓		
Walking Uneven Surface					✓
Standing					✓

Lift/Carry/Push/Pull	Never:	Intermittent:	Occasional:	Frequent:	Continuous:
Number of hrs	0 Hrs	Less than 1 Hr	1-3 Hrs	3-6 Hrs	6+ Hrs
1-10 lbs				✓	✓
11-20 lbs			✓		
21-50 lbs		✓			
51-75 lbs		✓			
76-100 lbs					

Activities	Never:	Intermittent:	Occasional:	Frequent:	Continuous:
Number of hrs	0 Hrs	Less than 1 Hr	1-3 Hrs	3-6 Hrs	6+ Hrs
Bend					✓
Twist					✓
Crouch		✓			
Kneel		✓			
Crawl			✓		
Climb Stairs		✓	✓		
Climb Ladders					✓
Reach Above Shoulder					✓
Use of Arm					✓
Use of Hand					✓
(a) Grasping					✓
(b) Squeezing					✓
Operate Foot Control					✓

Employer Signature:
 Title/Date:

Employee Signature:
 Date: