

POSITION TITLE: Concrete laborers positions, levels 1 thru 5

PHYSICAL DEMANDS: Body positions and Weights Required on the Job

Body Positions	Weights - Activity	.5 hrs. 1-10% Rare	3 hrs. 11-33% Occasional	3 - 5.5 hrs. 34 - 66% Frequent	5.5 - 8 hrs. 67% plus Continuous	Heights / Ranges	Essential or Marginal
Lifts	1 - 10 lbs.			X		0 - 20'	E
	10 - 25 lbs.			X		0 - 20'	E
	25 - 50 lbs.			X		0 - 20'	E
	50 - 100 lbs.		X			0 - 20'	M
Carry	1 - 10 lbs.				X	0 - 20'	E
	10 - 25 lbs.				X	0 - 20'	E
	25 - 50 lbs.			X		0 - 20'	E
	50 - 100 lbs.		X			0 - 20'	M
Sitting		X			0 - 20'	M	
Standing					X	0 - 20'	E
Walking				X	X	0 - 20'	E
Squatting				X		0 - 20'	E
Kneeling				X		0 - 20'	E
Crawling		X				0 - 20'	E
Bending			X	X		0 - 20'	E
Turn / Pivot			X	X		0 - 20'	E
Climbing		X				0 - 20'	E
Reaching out				X	X	0 - 20'	E
Reaching up			X	X		0 - 20'	E
Wrist turning					X	0 - 20'	E
Firm grasping					X	0 - 20'	E
Light grasping			X			0 - 20'	M
Pinching			X			0 - 20'	M
Push / Pull	0 - 60 lbs. force			X		0 - 20'	E
	60 - 200 lbs. force	X					M

Working Environment: Controlled environment for heat / cold except for outside where there can be extremes.

10 % inside 90 % Outside.

Work Hours: 8 to 12 hour days **Work Pace:** Fast

Productivity: _____

Vision: Can accurately see per DOT standards 20/40 overall both eyes. Yes

Hearing: Ability to hear standard and customary construction sounds such as backup warning signals etc.

Review Signatures:

H. R. / Safety Manager: _____

Operations Manager: _____

Created Date: _____

Date Reviewed: _____