



Physical Demands & Working Conditions Domestic Service Technician

Lifting Requirements by Weight:

(L)	LIGHT	10-20#	(H)	HEAVY	50-100#
(M)	MEDIUM	20-50#	(VH)	VERY HEAVY	100# +

Frequency: as a percentage of time in a 10 hour day

(0) None	(1) 1-9%	(2) 10-19%	(3) 20-33%	(4) 34-66%	(5) 67-100%
----------	----------	------------	------------	------------	-------------

MATERIAL HANDLING	WEIGHT/FREQUENCY
a) Above Shoulder	L-2, M-1, H-1, VH-0
b) Shoulder to Waist	L-3, M-2, H-1, VH-1
c) Waist to Knees	L-2, M-2, H-1, VH-1
d) Knees to Floor	L-2, M-2, H-1, VH-1
e) Other	
Carrying	L-4, M-2, H-1, VH-1
Pushing: Height 48"	L-1, M-1, H-1, VH-1
Pulling: Height 48"	L-1, M-1, H-1, VH-1

PHYSICAL DEMANDS	FREQUENCY	PHYSICAL DEMANDS	FREQUENCY
Climbing	1	Repetitive Motions	1
Balancing	1	Twisting	3
Sitting	2	Bending	2
Standing	5	Kneeling	2
Walking Even Surfaces	4	Reaching Forward	2
Walking Uneven Surfaces	4	Firm Grasping	3
Running	0		

ENVIRONMENT	FREQUENCY
% Time Inside	3
% Time Outside	5
% Time in a Vehicle	2

EXPOSURES	FREQUENCY	EXPOSURES	FREQUENCY
Chemicals	1	Mechanical Hazards	5
Gases	1	Electrical Hazards	3
Infectious Diseases	0	Hot/Summer	3
Radiation	0	Cold/Winter	3
Noise	5	Wet/Rain	3
Vibrations	1	Dry/Sun & Wind	3
Dust	5	Confined Spaces	1

Person Completing Form (sign and print name)

Date

Position

Employee: I certify that to the best of my knowledge, I can perform all of the physical demands of the
Domestic Service Technician's job.

Employee (sign and print name)

Date