

JOB ACTIVITIES ANALYSIS

Date:

Name:
 Age:
 Height:
 Weight:
 Reported Physical Limits:

Dynamic Strength

	Max. Wt.	Force Required	Pain	Reason for Stopping	Body Mechanics
Box lift 12" to knuckle	50#	50#			
Bar lift 23" to knuckle	125#	125#			
Wheelchair step ascent	300#	App. 400#			
Wheel chair step descent	300#	App. 400#			
Wheelchair curb crossing ascent	300#	App. 120#			
Wheelchair curb crossing descent	300#	App. 120#			
Wheelchair side shift 3"	300#	App. 100#			
Wheelchair push ascending Grade: 8% Time: Distance: 6 ft.	300#	App. 45#			
Wheelchair ramp descending Grade: 8% Time: Distance: 6 ft.	300#	App. 45#			
Wheelchair pull ascending Grade: 8% Time: Distance: 6 ft.	300#	App. 45#			

Non-Material Handling Activities

	Time	Pain	Reason for Stopping	Body Mechanics
Sit	15:00			
Stand	15:00			
Walk (2600 ft) Pulse:	10:00			
Forward Bending	:51			
Stair Climb	2:00			

Upper Extremity Reaching

	Time	Pain	Weight	Body Mechanics
Waist Level	2:00		2, 3, 5 lbs.	
Shoulder Level	2:00		2, 3, 5 lbs.	
Overhead	2:00		2, 3, 5 lbs.	

Grip Test

Right Left

- 1.
- 2.
- 3.
- 4.
- 5.

Chair Restraint Simulation

2 Chairs

	Time	Pain	Body Mechanics
Trial 1 Pulse:			
Trial 2 Pulse:			

The chair restraint simulation assesses the persons ability to effectively secure 2 wheelchairs side by side with securement straps.

Job Activities Analysis Performed By
ATLANTIC SPORTS & REHABILITATION SERVICES, INC.

Heart Rate and Exertion During Job Activities Analysis

Based on published research the age predicted maximal heart rate has been shown to be a reasonable accurate method for estimating Maximal Heart Rate.

Maher, M., A.S.S. Jackson, R.L.

Ross et al 1985. "Predictive Accuracy of Single and Double Stage Sub Max Treadmill Work for Estimating Aerobic Capacity" *Medicine and Science in Sports and Exercise*. 17:206-7

A Percentage of age predicted maximal heart rate is used to set cardiovascular exercise intensity. This training zone is typically considered appropriate for individuals not taking medication that alters heart rate response to exercise and have not been otherwise restricted by their physician secondary to other health problems.

Training Zone

70-85% of age predicted maximal heart rate. Taken from the American College of Sports Medicine guidelines for exercise testing and prescription sixth edition.

If participation in activities specific to employment as a driver for Jaunt produce heart rates above those recommended for cardiovascular exercise this may suggest exertion levels during work activities are reading levels that imply a lack of adequate physical conditioning to tolerate this type of work safely. Considering the possibility of the need for participating in these work activities repetitively and in varying climatic conditions the danger of over exercises and injury is concerning. As with all aspects of pre employment work analysis employee and passenger safety is of primary concern.

JOB ACTIVITIES ANALYSIS CLARIFICATION

<u>Activities</u>	<u>Relevance</u>
Box lift 12" to knuckle	Relates to the lifting of groceries
Bar lift	Relates to the lifting of seated passengers and children
Wheelchair step ascent	Relates to a step with a wheelchair passenger
Wheelchair step descent	Relates to descending a step with a wheelchair passenger
Wheelchair curb crossing ascent	Relates to the drivers ability to ascend a curb with a wheelchair passenger
Wheelchair curb crossing descent	Relates to descending a curb with a wheelchair passenger
Wheelchair side shift 3"	Relates to the manipulation of a wheelchair into an appropriate position
Wheelchair push ascending grade	Relates to the drivers ability to push a wheelchair passenger uphill
Wheelchair ramp descending	Relates to descending a ramp with a wheelchair passenger
Wheelchair pull ascending	Relates to pulling a wheelchair passenger back into a van
Sit tolerance	Relates to sitting while driving
Stand tolerance	Relates to drivers standing while loading and unloading passengers
Walk tolerance	Relates to the drivers need to ambulate to retrieve passengers
Forward bending	Relates to the drivers ability to forward bend to restrain passengers

JOB ACTIVITIES ANALYSIS CLARIFICATION

Activities

Relevance

Stair climb

Relates to climbing stairs on and off of the van

Upper extremity reaching, shoulder, waist, and overhead level

Relates to reaching to restrain passengers

Grip test

Relates to grasping tie-downs and van controls as well as wheelchair handles

Nine hole peg test

Relates to fine motor manipulations of vehicle controls and restraint buckles

Chair restraint simulation

Simulates restraining a wheelchair passenger