

WEST RIVER ELECTRIC COOPERATIVE

Job Title: Journeyman Lineman **Date:** May 2024 **Physician Approval:** _____

**Lifting/Carrying
(Ground to Waist)** <10 pounds
 20 pounds
 50 pounds
 100 pounds
 >100 pounds

**Lifting/Carrying
(Waist to Overhead)** <10 pounds
 20 pounds
 50 pounds
 100 pounds
 >100 pounds

Push/Pull <25 pounds 50-100 pounds
 25-50 pounds >100 pounds

NOTE: Occasionally: 1% - 33%
Frequently: 34% - 66%
Continuously: 67% - 100%

Job Essentials/ Physical Demands	Required	Frequency	Duration
Sit	YES	< 1 hour	< 1 hour
Stand	YES	7.5 hours	7.5 hours
Walk	YES	1 hour	1 hours
Bend/Stoop	YES	Frequently	8 hours
Squat/Crouch	YES	Occasionally	8 hours
Crawl	YES	None	8 hours
Climb	YES	Frequently	8 hours
Reach	YES	Frequently	8 hours
Above Shoulders	YES	Frequently	8 hours
Kneel	YES	Frequently	8 hours
Balance	YES	Frequently	8 hours
Essential Motor Skills			
Use of Foot Controls	YES		
Use Simple Hand Grasp	YES		
Use Firm Hand Grasp/Grip	YES		
Fine Manipulation	YES		
Sensory Perceptions			
Hearing	YES	Continually	8 hours
Vision 20/40 Corrected	YES	Continually	8 hours
Color Perception	YES		
Depth Perception	YES	Continually	8 hours
Working Environment			
Indoors	YES		
Outdoors	YES		
Temperature Extremes	YES		
Working at Heights	YES		
Pole Climbing	YES		
Ladder	YES		
Mobile	YES		
Fixed	YES		
Noise greater than 85dB	YES		
Vibration or Vibratory Tools	YES		
Respirator Usage	YES		
Dust Mask	YES		
Negative Pressure	YES		
SCBA	YES		
Chemical Exposure	YES		
Oils/Gasoline/Corrosives	NO		
Rotational Shifts	NO		
Overtime	YES		
Weekend Work	YES		
On Call Duty	YES		
Emergency Call Out	YES		
Works Alone	YES		