

LW-3M-NAS

Worker:	Claim #:		
Company:	Job Title: Line Worker: Level 3M – Neck Arm Shoulder		
Phone No:	Hours per day:	Days per week:	
HR/Supervisor Name (please print):		Title:	
Employer Signature			Date

Essential Job Duties: Worker to be assigned to accompany Serviceman. Duties to be assigned by Serviceman within physical restrictions.

1. Participate in pre-shift planning meeting, problem solving groups and safety meetings.
2. Travel to work sites to perform installation, repair or maintenance work.
3. Assist in servicing insulating/fireproofing materials.
4. Test electrical equipment or systems to ensure proper functioning.
5. Install watt-hour meters and connect service drops between power lines and consumers' facilities.
6. Assemble electrical components or subsystems. Assembly may be performed in the shop or on-site if within physical abilities. Assembling in shop may be done on a lift table or pallet on a forklift to position work bench at waist level.
7. Perform repairs on electrical circuits, wiring, or other electrical components or equipment, in the shop or field.
8. Patrol and inspect transmission and distribution lines and equipment, and make a report of findings to supervisor.
9. Perform switching and other mechanical duties as required. Duties may include testing electrical load on primary and secondary components or testing of circuits and components.
10. Perform routine maintenance on equipment, including adjusting and lubricating components, and painting worn or exposed areas.
11. Demonstrate equipment to customers and explain how it is to be used; respond to any inquiries or complaints.
12. **May perform regular job duties that are within the physical demands outlined in this job description.**

Machinery, tools, equipment and personal protective equipment description:

Safety vest and hard hat
Serviceman hand tools
Service truck with boom
Forklift
Pen, clipboard
May use computer
Pallet or skid positioner (recommended as modification)

Modification Equipment Recommended:



Uni-Lift work positioner lifts a regular pallet or Skid Lift to position it at waist height for assembling components in shop. Ant- fatigue matt to use in shop.



McCarty's Sacro Ease or seat wedge to allow a neutral posture position and avoid neck extension.

Silicon steering wheel cover absorbs vibration going into arms while driving on bumpy roads.



FREQUENCY DEFINITIONS

Worker:

Claim No:

Link-Job: Line Worker 3M-NAS Modified

N: Never (not at all) 0 minutes	S: Seldom (1%-10% of the time) up to 48 min.	O: Occasional (11%-33% of the time) 49 min. to 2 hrs. 25 min.	F: Frequent (34%-66% of the time) 2 hrs. 26 min. to 5 hrs. 35 min.	C: Constant (67%-100% of the time) more than 5 hrs. 36 min.			
PHYSICAL DEMANDS		FREQUENCY					DESCRIPTION OF TASKS
		N	S	O	F	C	
Sitting:			X			Worker may vary tasks while assisting service man, who usually works alone, to accommodate physical capabilities. Worker may drive to tolerance. Service truck may be modified with lumbar support and seat wedge additions as shown.	
Standing:			X				
Walking:			X				
Climbing Stairs:		X	X			There are short flights of stairs at the yard for accessing the company vehicles. Climbing in and out of large service truck. Accessing customer sites.	
Twisting at the Waist:		X				May occur while driving or looking at lines and right of ways.	
Bending / Stooping:		X	X			Worker may bend to look at electrical components or equipment. Bending for assembly may be eliminated with lift table under recommended modifications.	
Squatting / Kneeling:	X					Not required.	
Crawling:	X					Not required.	
Reaching Out Both				X		Driving; performing inspections and repairs. Two people in truck, worker may ride or drive.	
Working above shoulder Dominant or Both		X	X			Inspecting or repairing components. Worker may use boom to reduce above shoulder work.	
Handling / Grasping Both			X	X		Driving, performing inspections/repairs, writing.	
Fine Manipulation Dominant			X			Writing, working with small parts.	
Keyboarding	X	X				Not required for some tasks, but may be required for data entry. Completing paperwork about jobs completed.	
Wrist flexion Both		X	X			Repairs, installation or building components using hand tools.	
Repetitive Motion Both	X					Not required.	
Vibratory Tasks		X				Not required for operating equipment. Some unpaved roads may vibrate truck steering wheel.	
Foot Controls / Driving			X			Automatic transmission pick-up truck. Two people in truck, worker may ride or drive.	
Talking / Hearing / Seeing			X			To communicate with supervisor and co-workers about tasks.	

Lifting / Pushing	Never	Seldom	Occasional	Frequent	Constant
<i>Example</i>	<i>50 lbs.</i>	<i>20 lbs.</i>	<i>10 lbs.</i>	<i>0 lbs.</i>	<i>0 lbs.</i>
Lift: R L Both	36 lbs.	35 lbs.	25 lbs.	10 lbs.	5 lbs.
Carry: DISTANCE: Both	36 lbs.	35 lbs.	25 lbs.	10 lbs.	5 lbs.
Push / Pull R L Both	36 lbs.	35 lbs.	25 lbs.	0 lbs.	0 lbs.

Job Description Developed by:	
Signature <i>Chandra Caine</i>	Date 3/24/2017
Name (Please print) Chandra Pat Caine, MS, CDMS	Title Vocational Rehabilitation Counselor WA # 11099
Job Description Approved by Foreman:	

Worker:

Claim No:

Link-Job: Line Worker 3M-NAS Modified

Signature		Date	
Name (Please print)		Title	
FOR HEALTH PROVIDER'S USE ONLY			
Provider Approval <input type="checkbox"/> Yes <input type="checkbox"/> No	Hours per day	Days per week	Effective date
If no, please provide objective medical documentation to support your decision.			
Modifications Required by Provider:			
<input type="checkbox"/> To avoid excessive neck flexion and static muscle loading in shoulders: a Uni-Lift work positioner that can lift a regular pallet or Skid Lift (employer's choice) to position work at optimal height for assembling components in warehouse.			
McCarty's Sacro-Ease + seat wedge for truck seat to allow a neutral posture position while driving the truck. This keeps the chin back and the neck in a natural position without extending the neck forward.			
Anti-fatigue mat to reduce static muscle loading throughout spinal column up through neck and shoulder.			
<input type="checkbox"/> Other:			
Provider Signature	Provider Name (Please print)	Date	