

PHYSICAL JOB ANALYSIS

Position: Senior Living Advisor

PHYSICAL DEMANDS AS THE JOB IS TYPICALLY PERFORMED

Frequency Scale:

C = Continuously/Constant (occurs 66-100% of the time)

F = Frequently (occurs 33-66% of the time)

O = Occasionally (occurs 1-33% of the time)

R = Rarely (may occur less than 1% of the time)

N = Never (does not ever occur)

This job is classified as:

☐ **Sedentary** – exerting up to 10 pounds of force occasionally and/or a negligible amount of force frequently. A sedentary job involves sitting most of the time.

☐ **Light** – exerting up to 20 pounds of force occasionally, and/or up to 10 pounds of force frequently and/or a negligible amount of force constantly. A job is light if it involves less than or up to the indicated pounds of force and one or more of the following apply; walking and standing to a significant degree, sitting and pushing/pulling of arm or leg controls, or constant pushing and pulling to maintain a production rate even when weight is negligible.

☒ **Medium** – exerting 20-50 pounds of force occasionally, and/or 10-25 pounds of force frequently, and/or up to 10 pounds of force constantly.

☐ **Heavy** – exerting 50-100 pounds of force occasionally, and/or 25-50 pounds of force frequently, and/or 10-20 pounds of force constantly to move objects.

☐ **Very Heavy** – exerting in excess of 100 pounds of force occasionally, and/or in excess of 50 pounds of force frequently, and/or in excess of 20 pounds of force constantly to move objects.

Physical Requirements:

PHYSICAL DEMANDS	FREQUENCY					ACTIVITY DESCRIPTION
	C	F	O	R	N	
Sitting			X			
Standing		X				
Walking		X				
Lifting up to 50 lbs. (floor to waist)				X		Packages, assisting prospective & current residents, etc.
Lifting up to 50 lbs. (waist to shoulder)				X		Packages, assisting prospective & current residents, etc.

Disclaimer: This job description is not intended to be all-inclusive. Employee may perform other related duties, as negotiated, to meet the ongoing needs of the organization.

Lifting up to 50 lbs. (above shoulder)				X		May vary – situation dependent				
Carry up to 50 lbs. (0-10 ft. distance)				X		May vary – situation dependent				
Pushing/Pulling (50+ lbs. force)				X		May vary – situation dependent				
PHYSICAL DEMANDS		FREQUENCY					ACTIVITY DESCRIPTION			
		C	F	O	R	N				
Climbing				X						
Balancing				X			Assisting prospective & current residents			
Stooping/ Bending			X							
Twisting				X						
Squatting/ Kneeling				X						
Crawling					X					
Foot Controls						X				
Reaching (level)										
Forward			X							
Below Waist			X							
Above Shoulder			X							
Handle/Grasp		X								
Fine Finger Manipulation		X								
Manual Dexterity			X							
Repetitive Motion		X					Body part:	Hands/fingers	Cycles/hr.	Up to 6 hours/day
Talking		X								
Hearing		X								
Visual:										
Uses: Single Monitor			X							
Uses Laptop			X							
Environmental Conditions:										

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Exposure to Weather			X				
Extreme Cold				X			
Extreme Hot				X			
Wet and/or Humidity				X			
Proximity to Moving Mechanical Parts				X			
Exposure to Explosives					X		Oxygen tanks
Noise Intensity				X			
Atmospheric Conditions					X		
Exposed Heights					X		Balconies
Exposure to Electricity						X	
PHYSICAL DEMANDS	FREQUENCY						ACTIVITY DESCRIPTION
		C	F	O	R	N	
Exposure to Toxic/Caustic Chemicals					X		
Exposure to Radiation						X	
Other (describe):							

NON-PHYSICAL DEMANDS	FREQUENCY						ACTIVITY DESCRIPTION
		C	F	O	R	N	
Analysis/Reasoning		X					
Communication Skills		X					
Math/Mental Computation		X					
Reading		X					
Sustained Mental Activity			X				
Writing		X					
Other (describe):							

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Essential Functions Acknowledgement

As a candidate for the above position, I have fully reviewed the job description which specifically outlines the essential functions and physical requirements of the job.

I understand what the expectations of the position are and by way of my signature I acknowledge that I am able to perform the essential functions of the job (with or without reasonable accommodation).

Team Member Signature

Date

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