

JOB SPECIFIC REQUIREMENTS

Position requires a valid Washington State driver's license and union membership in the International Brotherhood of Electrical Workers (IBEW).

ESSENTIAL FUNCTIONS

1. Remove and replace fluorescent light tubes and light fixtures.
2. Replace and install various lightbulbs and fluorescent tubes such as incandescent, fluorescent, high intensity discharges, low sodium, compact fluorescent, mercury vapor and metal halide.
3. Help Journey-level workers pull wire in various conditions and ceilings and pipe, clean smoke detectors and install anchor chains for light fixtures.
4. Install computer cables as per instruction.
5. Help troubleshoot low voltage lighting relays and replace relays.
6. Remove and replace mercury vapor lamps and light fixtures, which are already turned off.
7. Replace fuses and light fixtures containing 277-volt (non-energized) circuit.
8. Maintain supplies of lamps in facility storage areas.
9. Notify foreman of equipment/supply needs.
10. Drive county vehicles as needed to job sites away from downtown corridor.
11. Assist Journey Wiremen with installing wire and lighting fixtures or with electrical repairs & maintenance.

NON-ESSENTIAL FUNCTIONS

Maintain shop and work areas as needed.

PERSONAL PROTECTIVE EQUIPMENT USED

Eye and ear protection are provided for the employee's use as needed.

OTHER TOOLS & EQUIPMENT USED

Stepladders (8 & 10+ ft.), electric powered manlift, ³/₄- and 1-ton truck or county vehicles, bucket truck, two-way radios, bulb remover and extension lamp extractor, small hand tools. Push cart or handtruck available as needed.

PHYSICAL DEMANDS AS JOB IS TYPICALLY PERFORMED

Continuously = occurs 66-100% of the time

Frequently = occurs 33-66% of the time

Occasionally = occurs 1-33% of the time

Rarely = may occur less than 1% of the time

Never = does not ever occur (such demands are not listed)

Highly Repetitive = Repeating the same motion every few seconds with little or no variation for more than two hours total per day.

This job is classified as

Medium—exerting 20 to 50 pounds of force occasionally, and/or 25-50 pounds of force frequently, and/or 10-20 pounds of force constantly.

Standing

Health Care Provider initials if restricted _____

Occasionally to Rarely on linoleum, carpet or concrete surfaces for 5-10 minutes at a time for up to 30-40 minutes total in a work shift. Most commonly occurs while assisting Journey Wiremen or on ladder changing bulbs.

Walking

Health Care Provider initials if restricted _____

Continuously on linoleum, carpet or concrete surfaces for 30-40 minutes at a time for up to 9 hours total in a (10 hr.) work shift. Most commonly occurs throughout the workday while inspecting or changing lamps in assigned work areas. Walking would be the predominant position/activity as it occurs on a regular and repetitive basis throughout the work shift.

Sitting

Health Care Provider initials if restricted _____

Occasionally on a desk chair or vehicle seat for one-half hour at a time for up to 2-3 hours total in a work shift. Most commonly occurs while driving county vehicles or completing paperwork at desk.

Climbing stairs

Health Care Provider initials if restricted _____

Frequently for 3 minutes at a time or up to 40 minutes total in a work shift. Most commonly occurs while going from floor to floor within county buildings. Workers typically will use the stairs when going 1-2 levels. Elevators are available and can be used as an option.

Climbing

Health Care Provider initials if restricted _____

Frequently on stepladders to heights of 8 to 12 ft. for 10 minutes at a time for up to 8+ hrs. total in a work shift. Most commonly occurs while changing overhead lamps. It is estimated that an employee would change up to six lamps per hour for 10 hours, which could entail 60+ climbs per shift.

Balancing

Health Care Provider initials if restricted _____

Frequently on 8- and 10-ft. ladders at heights of 8-12 ft. for 10 minutes at a time for up to 8+ hrs. total in a work shift. Most commonly occurs while climbing and performing overhead work activity on a stepladder.

Bending neck up

Health Care Provider initials if restricted _____

Frequently for 1-3 minutes at a time for up to 3 hrs. total in a work shift. Most commonly occurs while changing overhead lamps or inspecting lighting fixtures for maintenance needs from the floor below. This activity is typically of short duration, but occurs repetitively throughout the workday.

Bending neck down

Health Care Provider initials if restricted _____

Occasionally for 1 - 3 seconds at a time for up to 100 times total in a work shift. Most commonly occurs while looking down when descending ladders or performing work from heights.

Bending/Stooping

Health Care Provider initials if restricted _____

Occasionally on flat surfaces for 5-10 minutes at a time for up to 1 hour total in a work shift. Most commonly occurs while assisting a Journey Wireman with work on a motor or moving/stocking supplies.

Kneeling

Health Care Provider initials if restricted _____

Rarely on flat surfaces for 5 minutes at a time for up to 20 minutes total in a work shift. Most commonly occurs while perhaps assisting a Journey Wireman when working on a motor.

Operating Controls with Feet

Health Care Provider initials if restricted _____

Occasionally of vehicle controls for up to 1 hour at a time or 2-3 hours total in a work shift. Most commonly occurs while driving a county vehicle to remote work sites.

Reaching above shoulder height

Health Care Provider initials if restricted _____

Frequently for 6-7 minutes at a time for up to 50+ times (5-6 hrs.) total in a work shift. Most commonly occurs while reaching overhead changing light bulbs and lamps.

Reaching at waist to shoulder height

Health Care Provider initials if restricted _____

Frequently, for up to one hour at a time or up to 5 - 6 hours total in a work shift while driving, stringing wire, installing lamps, handling parts and supplies, handling a ladder, or assisting others.

Reaching at knee to waist height

Health Care Provider initials if restricted _____

Occasionally for 3-5 minutes at a time for up to 1 hour total in a work shift. Most commonly occurs while assisting or helping a Journey Wireman, accessing supplies from storage areas or restocking storage areas.

Reaching at floor to knee height

Health Care Provider initials if restricted _____

Rarely for several seconds at a time for up to 5+ minutes total in a work shift. Most commonly occurs while assisting a Journey Wireman with a motor or accessing materials from a lower desk drawer or shelf.

Lifting 1-10 pounds

Health Care Provider initials if restricted _____

Frequently for 15 minutes at a time for up to 4+ hours total in a work shift. Most commonly occurs with weights of less than 5 lbs. at all ranges including above shoulder and overhead height while installing lamps, handling tools or supplies and stocking bulk electrical lamps.

Carrying 1-10- pounds

Health Care Provider initials if restricted _____

Frequently for distances of up to 150 ft. for 10 minutes at a time for up to 2 hours total in a work shift. Most commonly occurs with weights of 4-5 lbs. while carrying a box of lamps or supplies to or from storage areas and work site.

Lifting 11-20 pounds

Health Care Provider initials if restricted _____

Occasionally for 5-10 minutes at a time for up to 1-2 hours total in a work shift. Most commonly occurs with weights of 15-20 lbs. from floor to shoulder or waist height while handling tools or stocking supplies.

Carrying 11-20 pounds

Health Care Provider initials if restricted _____

Occasionally for distances of 10-20 ft. for 5 minutes at a time for up to 20-30 minutes total in a work shift. Most commonly occurs with variable weights of 10-20 lbs. while handling/carrying supplies or boxes of replacement lamps, tool box, etc..

Lifting 21-50 pounds

Health Care Provider initials if restricted _____

Frequently for up to 2 minutes at a time for up to 3-4 hours total in a work shift. Most commonly occurs with weights of 32-48 lbs. (8- and 10-ft. stepladders) at waist to shoulder height while handling stepladders. Also may handle on a rare basis a reel of wire, electrical motor or vehicle/equipment battery, conduit and misc. supplies.

Carrying 21-50 pounds

Health Care Provider initials if restricted _____

Frequently for distances of 100-150 ft. for 3 minutes at a time for up to 70 times or 3.5 hours total in a 10-hour work shift. Most commonly occurs while carrying 8- and 10-ft. stepladders from storage area (located on each floor) to work site within building. May occasionally carry a stepladder up or down a flight of stairs. May occasionally assist with carrying a 16-ft. fiberglass stepladder. Motors, batteries or supplies would be transported by cart or handtruck. Ladders are typically carried by extending the arm through the rung and resting and balancing a step on ones' shoulder for transport. May carry tubing, conduit or wire rolls.

Pushing and Pulling

Health Care Provider initials if restricted _____

Rarely for distances of 100 ft. at a time with a force of 20 lbs. for 10-15 minutes at a time for up to 30 minutes total in a work shift while transporting supplies on a cart or pushing/pulling the manlift to and from work and storage area.

Handling

Health Care Provider initials if restricted _____

Continuously while in the process of replacing lamps or supplying storage areas. Activity might occur for up to 10 minutes at a time for a total of over 8 hours in a work shift while replacing electrical lamps, supplying storage areas or assisting a Journey-level Wireman performing electrical maintenance.

Operating Controls with Hands

Health Care Provider initials if restricted _____

Occasionally for 1 hour at a time for up to 3-4 hours total in a work shift while driving a county vehicle or operating the Man-lift. Note: Employee could be assigned to job sites that require driving on a regular basis up to 50% total work time. The trip from garage to work site could be 1 hour, with intermittent stops at various work sites throughout the day.

Talking

Health Care Provider initials if restricted _____

Occasionally for a few minutes at a time up to 30 minutes total in a work shift while communicating with supervisor or coworkers. May communicate with county employees while changing lamps or exchanging information regarding work assignments.

Hearing

Health Care Provider initials if restricted _____

Occasionally for a few minutes at a time up to 30 minutes total in a work shift while receiving instruction or communicating with other employees. May require hearing while driving.

Seeing

Health Care Provider initials if restricted _____

Continuously and occurs throughout the entire 10-hour work shift while walking to and from work sites, throughout the King County buildings and while performing the tasks of replacing electrical lamps and assisting Journey Wiremen with electrical maintenance and installations. This position is very mobile with the work site location constantly changing and requires vision at all times.

Working with Heightened Awareness

Health Care Provider initials if restricted

Frequently. A high degree of attentive and awareness would be required while working at heights on ladders and while driving. Either or both activities could occur throughout much of a workday.

ENVIRONMENTAL FACTORS

Work is performed primarily indoors in office environments. However, outdoor and garage lighting also needs replacement. An estimated 90+% of the work activity takes place indoors.

The noise level is

HCP Initials if Restricted

Approximately 100-110 decibels maximum rarely when working in the proximity of the electrical power generator and an estimated 60-80 decibels on an intermittent basis in the basement location of the electrical shop. Noise level throughout the county buildings would vary from 40-80 decibels depending on location, time of day, etc.

Work environment may include the following exposure(s):

HCP Initials if Restricted

Outside weather - Occasional exposure when replacing outside area electrical lamps.

Vibration - Exposure occurs occasionally while driving county vehicles (³/₄- to 1-ton truck).

Working in High, Exposed Places - Frequently while performing overhead work on 10-ft. + ladders.

Activity occurs on a daily basis while occasionally, access to lighting is obtained by the man-lift (30-35 ft. height), bucket truck or 16-ft. stepladder.

POTENTIAL MODIFICATIONS TO JOB

Position would be difficult to modify given the work site variability and the necessity of overhead work from heights while changing electrical lighting, lamps and bulbs. Such activity is essential for the position and occurs throughout the majority of assigned work time.

KING COUNTY JOB ANALYSIS COMPLETED ON:

JOB TITLE: Electrician Helper

EMPLOYEE:

DOT #: 829.684--022

CLAIM #:

SIGNATURES

Signatures on this page are obtained before the document becomes available for use and are not required each time the document is reused. Obtained signatures are kept on file at King County Safety & Claims. The Health Care Provider signature section is separate and appears on the following page.

Printed name & title of VRC evaluator

Signature of VRC evaluator

Date

Printed name & title of contact

Signature of contact

Date

Printed name & title of employee

Signature of employee

Date

HEALTH CARE PROVIDER SECTION
Check all that apply

- The employee is released to perform the described duties without restrictions on performance or work hours as of _____.
- The employee is released to perform the described duties on a reduced schedule as of _____. The recommended schedule is:

Temporary until _____ Permanent as of _____

- The employee is released to perform the described job with the following modifications:

Temporary until _____ Permanent as of _____

- The employee is not released to perform the described duties due to the following job functions:

Temporary until _____ Permanent effective _____

- The employee is unable to work in any capacity.
A release to work is: anticipated by _____ Not expected

The limitations are due to the following objective medical findings:

Printed or typed name and phone number of Health Care Provider

Signature of Health Care Provider

Date