

TEMPORARY BRIDGE ASSIGNMENT

Bridge Assignments are designed to be performed by injured workers who cannot do their regular jobs. They are temporary, productive work assignments specifically developed to help employees safely continue working during their recoveries. For injuries requiring longer recovery periods, employees may be moved through a series of Bridge Assignments with physical requirements matching each stage of their recovery. This process accelerates their return to their usual and customary position while benefiting the organization.

TITLE: Building Helper I

All work is to be performed in a safe and careful manner.

DESCRIPTION

Worker may perform any combination of the following or similar tasks as directed: Sweeps bays and work areas and picks up debris. May operate power washer to clean shop floors. Organizes and cleans shop areas including inventorying and straightening parts, supplies and storage areas. May conduct safety inspections and/or inventory of facilities, noting any repairs and hazards that need attention. May pick up litter on grounds and empty trash cans. May accompany worker to train or be trained in a new skill. Assists various skilled trades by helping prepare areas or materials to be worked on by sanding, cleaning, etc. May act as a spotter to ensure the safety of others and maintenance crews while conducting repairs, and ensures others do not enter work area.

MACHINES AND/OR TOOLS USED

Pen, pencil, paper, clipboard, broom, dustpan, wiping material, sponges, vacuum, long handle brush, sandpaper, power washer, ladder, tape measure, long handle pick up device.

VEHICLES AND/OR EQUIPMENT DRIVEN

None.

REQUIRED TRAINING, LICENSING AND/OR CERTIFICATIONS

None.

TEMPORARY BRIDGE ASSIGNMENT ANALYSIS

Endurance

Minutes at One Time

Total Hours in an 8 Hour Day

Sit	0 - 5 min.	0 - 1
Stand	0 - 5 min.	2 - 3
Walk	0 - 5 min.	2 - 4
Drive	0	0
Keyboard	0	0

	Nvr	Rare	Seld	Occas	Freq	Cont		Nvr	Rare	Seld	Occas	Freq	Cont
Time in an 8 hour day	0	up to 30 min.	30 to 90 min.	1.5 to 2.5 hrs.	2.5 to 5 hrs.	5 to 8 hrs.	Time in an 8 hour day	0	up to 30 min.	30 to 90 min.	1.5 to 2.5 hrs.	2.5 to 5 hrs.	5 to 8 hrs.
LIFT							PHYSICAL ACTIVITIES						
01 - 10 lbs.						X	Bend/Stoop			X			
11 - 20		X					Twist			X			
21 - 35	X						Crouch/Squat		X				
36 - 50	X						Kneel		X				
CARRY							Crawl	X					
01 - 10 lbs.				X			Walk-Level					X	
11 - 20			X				Walk-Uneven		X				
21 - 35	X						Climb Stairs		X				
36 - 50	X						Climb Ladder		X				
PUSH							Reach Above Shldr			X			
01 - 10 lbs.				X			Use of Arms						X
11 - 20			X				Use of Wrists						X
21 - 35	X						Use of Hands						X
36 - 50	X						Grasping						X
PULL							Fingering			X			
01 - 10 lbs.				X			Foot Control				X		
11 - 20			X				ENVIRONMENT						
21 - 35	X						Inside					X(1)	
36 - 50	X						Outside					X(1)	

SPECIAL NOTES/POSSIBLE HAZARDS/POSSIBLE ACCOMMODATIONS:

1. Time spent inside or outside depends upon location of task(s).

Nature of assignment allows self-pacing of tasks.