

Residential Electrician

Task 5: Pulling Wire VIDEO CLIP

Acknowledgement

The Alberta Construction Safety Association (ACSA) with the cooperation of member companies and their electrical contractors/workers, the Electrical Contractors Association of Alberta and Jason Shepherd Physical Therapy Inc. developed this electrical industry Physical Demands Analysis.

Disclaimer

The job tasks described in this report & related video footage may vary, please contact the company directly to confirm this job description is accurate.

Purpose of Task Analysis

Job demands information that can be utilized for assistance in selecting suitable job candidates, developing proactive injury prevention interventions and effective, sustainable disability management programs

General Description

The electrician is responsible for the installation of wiring as per the building's electrical blueprints

Work Organization

Journeyman and Apprentice Electrician numbers vary by worksite and company
Depending on the construction phase/type, an Electrician may be part of a crew performing this task for several days/weeks before rotating to another task

Work Schedule

8+ hour shifts
Regular breaks spaced throughout workday: Usually two 15-minute coffee breaks and one 30-minute lunch break per shift

Essential Job Functions

- Pulling wire through wooden wall studs
- Clean-up (Sweeping, picking up waste materials)
- Materials handling

Assessment Criteria Used

Frequency Key		
FREQUENCY	% OF WORKDAY	HOURS OF 8-HOUR WORKDAY
Not required (N/R)	0%	0
Seldom (S)	0 - 5%	Not performed on a daily basis
Rare (R)	1 – 5%	< 29 min/day
Occasional (O)	6 - 33%	29 min to 2 hours 42 min per day or 1 rep/30 min
Frequent (F)	34 - 66%	2 hours 43 min to 5 hours 21 min per day or 1 rep/2 min
Constant (C)	67 – 100%	5 hours 22 min to 8 hours per day or 1 rep/30 sec

Equipment used to perform the job may include, but not limited to the following:

Occasional

- Ladder
- Wire/cable cutters
- Hammer
- Knife

Rare

- Broom
- Tape measure

Personal Protective Equipment Recommended

- ✓ Safety Glasses
- ✓ Hearing Protection
- ✓ Hard Hat
- ✓ Steel Toed Boots
- ✓ Gloves
- ✓ Overalls (Optional)
- ✓ Knee Pads (Optional)
- ✓ Fall Protection Equipment (Task-specific)

Environmental Conditions

Inside/Outside Work:

Inside 95%/Inside 5%

Working Temperature:

Depending on which phase of construction the building is in, this task may involve exposure to hot or cold weather conditions

Walking Surfaces:

Inside - OSB/Plywood

Outside - Mud, wood, snow, ice, grass (terrain may be uneven)

Dust:

Saw dust – Mild; can be Moderate if power saw is being utilized nearby

Lighting:

Adequate, indoor lighting in most areas; dark spots in basements

Vapour/Fumes:

Mild – Exhaust fumes from portable generator

Noise Levels (measured with Audiometer):

Can exceed 100 dBA if portable generators, power tools or hammers are being utilized nearby

Vibration:

Not Applicable

Moving Objects:

Mobile equipment, work trucks

Risks/Hazards:

Slips/Trips/Falls, skin punctures, muscle strains/soreness, pinch points, cuts/abrasions

Size of Work Space:

Usually adequate, although the worker may have to maneuver into tight spots in order to complete task on the rare occasion

Sensory Requirements

The following are required to complete essential job functions and remain safe at all times:

Hearing (Conversation or Sounds)

Vision (Near/Far, Colour, and Depth)

Feeling (Tactile sensory discrimination)

Reading (English)

Speech/Comprehension (English)

Other Work Factors

Traveling:

Seldom – Leaving the work site for materials/supplies

Working Alone:

Worker may have to perform task at a work site without colleagues or other trades people on a rare basis

Working Independently / in Group:

Required to work independently for the majority of the shift, although he/she may be asked to assist a co-worker or request assistance for him-/herself when required

Work Pace (self or machine):

Self-Motivated – Moderate to Fast pace, depending on complexity

Interacting with Others:

Required to work with colleagues and other trades people

Operation of Mobile Equipment:

Aerial work platform

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FORCE LEVEL	WEIGHT HANDLED
Light	Less than 20 lbs.
Medium	20-49 lbs.
Heavy	50-99 lbs.
Very-Heavy	100⁺ lbs.

Critical Job Demands

MANUAL HANDLING	Comments	FREQUENCY OF WORKDAY					
		N/R	S	R	O	F	C
Lift: Floor to Waist	Medium force: Ladder (Up to 12-foot), wire reel; Heavy force: 12 ⁺ foot ladder			X			
Lift: Waist to Waist	Medium force: Ladder (Up to 12-foot), wire reel; Heavy force: 12 ⁺ foot ladder			X			
Lift: Waist to Chest	Medium force: Ladder (Up to 12-foot), wire reel; Heavy force: 12 ⁺ foot ladder			X			
Lift: Waist to Overhead	N/R	X					
Front carry	Medium force: Ladder (Up to 12-foot), wire reel; Heavy force: 12 ⁺ foot ladder			X			
Right side carry	Medium force: Ladder (Up to 12-foot), wire reel; Heavy force: 12 ⁺ foot ladder				X		
Left side carry	Medium force: Ladder (Up to 12-foot), wire reel; Heavy force: 12 ⁺ foot ladder				X		
Static push	N/R	X					
Static pull	N/R	X					
Dynamic push	N/R	X					
Dynamic pull	Light force: Pulling wire through wooden wall studs						X

GRIP STRENGTH /COORDINATION	Comments	FREQUENCY OF WORKDAY					
		N/R	S	R	O	F	C
Bilateral repetitive use of hands	Pulling wire through wooden wall studs/conduit					X	
Repetitive use of dominant hand	Pulling wire through wooden wall studs					X	
Repetitive use of non-dominant hand	Pulling wire through wooden wall studs					X	
Bilateral power grip	Light force: Pulling wire through wooden wall studs; Medium force: Ladder (Up to 12-ft), wire reels; Heavy force: 12 ⁺ foot ladder				X		
Power grip with dominant hand	Light force: Pulling wire through wooden wall studs, utilizing hammer to secure wire to wall studs; Medium force: Ladder (Up to 12-ft), wire reels					X	
Power grip with non-dominant hand	Light force: Pulling wire through wooden wall studs, utilizing hammer to secure wire to wall studs; Medium force: Ladder (Up to 12-ft), wire reels				X		
Bilateral fine dexterity skills	Handling small gauge wire and staples/wire fasteners			X			
Fine dexterity with dominant hand	Handling small gauge wire				X		
Fine dexterity with non-dominant hand	Handling small gauge wire				X		
Bilateral manual handling	Medium force: Ladder (Up to 12-foot), wire reels; Heavy force: 12 ⁺ foot ladder				X		
Manual handling with dominant hand	Medium force: Ladder (Up to 12-foot), pulling wire through wooden wall studs, wire reels					X	
Manual handling with non-dominant hand	Medium force: Ladder (Up to 12-foot), pulling wire through wooden wall studs, wire reels				X		
Tool usage bilaterally	Light force: Sweeping			X			
Tool usage with dominant hand	Light force: Wire/cable cutters, hammer				X		
Tool usage with non-dominant hand	Light force: Wire/cable cutters, hammer			X			

POSITIONAL/ MOBILITY	Comments	FREQUENCY OF WORKDAY					
		N/R	S	R	O	F	C
Sitting (on ground)	N/R	X					
Standing	Pulling wire through wooden wall studs, clean-up					X	
Walking: Level surfaces	Pulling wire through wooden wall studs, clean-up					X	
Rough surfaces	Construction debris			X			
Slopes	Work site terrain			X			
Climbing: Regular stairs	Accessing designated work areas				X		
Ladders	Pulling wire through wooden wall studs				X		
Other climbing	N/R	X					
Jumping	N/R	X					
Running	N/R	X					
Balancing	Pulling wire through wooden wall studs while on a ladder				X		
Static bending	Pulling wire through wooden wall studs, clean-up			X			
Variable bending	Pulling wire through wooden wall studs, clean-up					X	
Static twisting	Pulling wire through wooden wall studs, clean-up			X			
Variable twisting	Pulling wire through wooden wall studs, clean-up					X	
Kneeling	Pulling wire through wooden wall studs, clean-up				X		
Crouching	Pulling wire through wooden wall studs, clean-up			X			
Crawling	Pulling wire through wooden wall studs, clean-up			X			
Repetitive squatting	Pulling wire through wooden wall studs, clean-up			X			
Reaching: Above shoulder	Pulling wire through wooden wall studs, clean-up				X		
Reaching: Below shoulder	Pulling wire through wooden wall studs, clean-up					X	
Neck Postures/Movements	All neck positions required (180°, up, down, side-to-side)						X
Throwing	N/R	X					
Foot Action	N/R	X					
Forceful/Jerky movements	Pulling wire through wooden wall studs			X			

Psychosocial Demands

Seldom/Rare/Occasional/ Frequent/Constant

A. Understanding and memory:

Remember locations and routine procedures	Constant
Understand and remember short and simple instructions	Constant
Understand and remember detailed instructions	Rare

B. Sustained concentration and persistence:

Carry out short and simple instructions	Constant
Carry out detailed instructions	Rare
Maintain attention and concentration for extended periods	Constant
Perform activities within a schedule	Constant
Sustain an ordinary routine without supervision	Constant
Make simple decisions	Constant
Solve simple straightforward problems	Constant
Solve complex problems	Rare

C. Social interaction:

Interact with the general public	Seldom
Ask questions or request assistance	Occasional
Accept instructions and feedback	Occasional
Get along well with others without distracting them	Constant
Get along well with others without being distracted by them	Constant

D. Adaptation:

Respond to changes in the environment or tasks	Constant
Aware of normal hazards and take appropriate precautions	Constant
Travel in unfamiliar places or use public transportation	Seldom
Set realistic goals or make plans independently of others	Occasional
Juggle tasks and prioritize	Occasional

Yes/No

E. Responsibility and accountability:

Is work place without the pressure of deadlines?	No
Does the work involve occasional pressure to meet deadlines?	Yes
Does the work involve significant pressures?	Yes

F. Language Requirements:

Is English required for safety purposes?	Yes
Is English required for professional purposes?	Yes

G. Educational Requirements:

Is grade 12 diploma required?	Yes
Is post-secondary required?	Yes
Is additional skill training required?	Yes*

*** (Fall Protection, Aerial Work Platform)**

Injury Prevention Recommendations

1. Stretch regularly - used muscles throughout the shift – neck, shoulders, chest, elbows, forearms, wrists, hands, lower back, thighs and calves/ankles – paying particular attention to the postural muscles (low back and neck) to prevent risk of soft tissue injuries related to prolonged bending/twisting posture.
2. Warm-up exercises are recommended before undertaking manual handling tasks to reduce the chance of soft tissue injuries neck, back, upper and lower extremity
3. Incorporate proper manual handling techniques at all times to help prevent low back strain/sprain from incorrect manual handling techniques –utilize dolly, cart, hoist or forklift for all items over 50 lbs or of awkward shape whenever possible; maintain physical conditioning to a **Medium** manual handling level
4. To help prevent lower extremity joint/muscle pain due to general deconditioning, poor cushioning in footwear and spending extended periods weightbearing on concrete surfaces – ensure proper fitting footwear with adequate cushioning and take regular stretch breaks hourly
5. When wearing a tool belt, it is recommended that workers utilize tools belts with shoulder straps/suspenders to better distribute/carry the weight
6. To prevent knee injuries, knee pads should be utilized when kneeling on hard &/or rough surfaces