



Position:

Preloader

Essential Job Functions:

U.S Department of Labor Physical Demand Level: HEAVY

Physical Demand Assessment

		Repetitions				Work Height		
		0% Never	1%-33% Occasional	34%-66% Frequent	67%-100% Constant	Below Waist	Waist to Shoulder	Above Shoulder
Lift	1-10 pounds				X	Occasional	Frequent	Frequent
	11-20 pounds		X			Occasional	Occasional	Occasional
	21-50 pounds		X			Occasional	Occasional	Occasional
	51-70 pounds		X			Occasional	Occasional	Occasional
Carry	1-10 pounds				X	Never	Constant	Never
	11-20 pounds		X			Never	Constant	Never
	21-50 pounds		X			Never	Constant	Never
	51-70 pounds		X			Never	Constant	Never
Push/Pull (lbs of force)	1-10 pounds			X		Occasional	Occasional	Occasional
	11-20 pounds		X			Occasional	Occasional	Occasional
	21-50 pounds		X			Occasional	Occasional	Occasional
	51-70 pounds	X				Never	Never	Never

Functional Tolerances / Physical Performances Required

Job Requirements:	0% Never	1%-33% Occasional	34%-66% Frequent	67%-100% Constant
Sit	X			
Stand (< 3 steps)				X
Walk (> 3 steps)				X
Stair climbing		X		
Ladder climbing		X		
Sustained Forward Bending		X		
Repetitive Squatting			X	
Repetitive Bending			X	



- ☐ Work up to 5 hours per day, 5 days per week
- ☐ Report to work on a regular and timely basis and complete the scheduled workday on a consistent basis
- ☐ Ability to work varying shifts, additional hours and/or overtime depending on service needs
- ☐ Ability to bend, squat, stand, walk, step/up down and turn/pivot for entire work shift
- ☐ Lift/lower/carry packages at rates of 200 to 400 packages per hour
- ☐ Assist in moving packages weighing up to 150 pounds
- ☐ Grasp and control movement of packages
- ☐ Perform tasks using simple hand grasping, fine hand manipulation and reach associated with assigned tasks such as paperwork, use of a computer or other data device, including hand-held scanners and the Delivery Information Acquisition Device (DIAD)
- ☐ Read label information
- ☐ Have a sufficient ability to communicate, through sight, hearing, and/or otherwise, to perform assigned tasks and maintain proper job safety conditions
- ☐ Work in an environment with:
 - ☐ variable temperatures and humidity (climatic conditions)
 - ☐ exposure to dust, dirt, and noise
 - ☐ outside, inclement weather
- ☐ Work cooperatively in a diverse work environment
- ☐ Demonstrate cognitive ability to:
 - ☐ follow directions from multiple sources
 - ☐ follow routines
 - ☐ work independently with appropriate judgment
 - ☐ exhibit spatial awareness
 - ☐ read words and numbers
 - ☐ concentrate, memorize and recall
 - ☐ identify logical connections and determine sequence of response
 - ☐ processing up to 2-3 steps ahead
- ☐ Perform other functions that may be assigned

The essential functions of this job may vary depending upon the specific characteristics of the UPS facility, including size and location. At some locations, employees may not perform all of the essential job functions listed above. At other locations, employees may perform some or all of the functions listed above and, in addition, may be required to perform other jobs or tasks as directed. In addition, given the nature of the business, UPS retains the right to modify the essential functions of this position at any time.