**Driver Demands & Duties**

**Heavy Labor Tasks:**

* Coupling and uncoupling trailer(s) from the tractor: requires strength and full range of motion to climb, balance, turn, grip, and pull;
* Loading and unloading trailer(s): requires ability to lift a heavy load or unload as much as 50,000 pounds of freight after sitting for a long period of time without any stretching period;
* Lifting, installing, and removing heavy tire chains: requires pulling/lifting motions in the range of 35 to 90 pounds; and
* Lifting tarpaulins to cover open top trailers: requires pulling/lifting motions in the range of 50 to 100 pounds.

**Other Job Tasks:**

* Performing pre-trip and post-trip safety checks: requires climbing, bending, kneeling,

crawling, reaching, stretching, turning, and twisting;

* Handling and inspecting cargo: requires lifting, climbing up and down perpendicular

ladders, and entering/leaving the cab or cargo body multiple times a day; and

* Inspecting the vehicle: requires climbing, bending, kneeling, crawling, reaching,

stretching, turning, and twisting to evaluate the condition of the vehicular systems, such as tires, brakes, suspensions, engines, and cargo.

**Driving Maneuvers and Operations:**

* Moving gear shift levers(s): requires moderate strength, timely coordination, and complex manipulation skills of right upper and left lower extremity;
* Controlling steering wheel: requires strength, mobility, and power grasp and prehension of hands and fingers while maintaining stability of trunk;
* Operating brakes and accelerator pedals: requires moderate strength, mobility, and coordinated movement in lower extremities;
* Operating light switches, windshield wipers, directional signals, emergency lights, horn, etc.: requires moderate strength, mobility, and manipulative skills of upper extremities;
* Backing and parking: requires adequate depth perception, strength, and coordinated manipulative skills.