**Flight Attendant**

**Physical Demands:**

- Sit 0-33% of the day
- Stand and walk 67-100% of the work day
- Lift objects which weigh 0-10 pounds, 67-100% of the work day
- Lift objects which weigh up to 25 pounds, 0-33% of the work day
- Lift passenger bags which may weigh up to 40 pounds, and exit doors which weigh up to 45 pounds, 0-33% of the work day
- Lift beverage containers or bags overhead which weigh 40 pounds 0-33% of the work day.
- Assist with passenger transfers and lifts into and out of aircraft seats
- Push and pull 129-267 pound wheeled carts and modules on carpeted surfaces using 10-55 pounds of force
- Push with up to 40-60 pounds of force and pull with up to 75 pounds of force to open aircraft doors with armed emergency slides and open jump seats.
- Climb stairs and inclines
- Move easily through limited spaces 20” X 36.5” (window exit) or 5” (between module and passenger seat in aircraft aisle.)
- Balance and reach above and below shoulder level to a height of 78” (emergency equipment.)
- Crawl, squat and kneel
- Jump out of aircraft exit onto slide or wing and then jump two feet to the ground.
- Hand and finger dexterity needed in one or both hands with quick movements while manipulating small objects
- Move trunk repetitively in forward bending, rotation and side to side bending
- Carry objects on smooth surfaces, up and down stairs and during turbulence
- Work involves seeing, hearing and talking

**Working Conditions:**

- In general, the work is inside with and around others in cramped work spaces.
- Outside weather exposures are possible.
- Chemical hazard exposures include potential contact with cleaning compounds and de-icing fluids in the form of:
  - Dusts
  - Vapors
  - Mists
- Physical hazard exposures include the potential for:
  - Heat and cold on board the aircraft and in emergency situations
  - Burns, abrasions, contusions and lacerations from dining service processes and emergency situations
  - Exposures to noise of jet engines
- Cosmic radiation exposures with flight at high altitudes
- Vibration
- Computer video display terminal (VDT) use in office environments

- Mechanical hazard exposures include frequent:
  - Repetitive hand and arm movements during dining services
  - Potential for awkward arm postures
  - Lifting/pulling and pushing

- Biological hazard exposure potentials include:
  - Blood and body fluid contact during first aid processes and aircraft cleaning
  - Airborne pathogens such as TB, strep, fungi
  - Second hand smoke exposure on charter flights

PROCESS FOR ASSESSING PUSH/PULL AND LIFTING ABILITY

Position: Flight Attendant

Lifting
Check when
Completed
1. Carry red drawer with 20 lbs. 75 feet and return to 25” shelf. (To simulate carrying full drawers of soda to another galley or cart.)
2. Squat and lift red drawer with 20 lbs. from floor of module to varying heights in cart for a total of 5 lifts. (To simulate lifting full soda drawers.)
3. Using a two handed lift, lift suitcase weighing 40 lbs. from floor to 65” shelf x 6 repetitions. Floor to shelf is 1, shelf to floor is 2 and so on... (To simulate stowing passenger luggage or stowing beverages on charters flights.)
4. Lift and transfer aircraft emergency exit door weighing 42 lbs. from blue chair to another. (To simulate removing emergency exit door.)
5. Lift and transfer a crate with 50 lbs. from one chair over the armrest to another chair (one repetition) for a total of 6 repetitions. OHN to brace both chairs during exercise. (To simulate assisting with passenger transfers. Eg: wheelchair to straightback to seat on aircraft: board and offload.)

Push/Pull
Check when
Completed
(To simulate opening service doors, pushing/pulling fully loaded food modules/beverage carts and opening the jump seats.)
Push: (OHN has removed pull attachment from end of push/pull meter. Push attachment is in place, meter is turned ‘on’.)
1. Employee grips meter. With upper and lower arms at a 90 degree angle, and one foot braced in front of the other, push the meter into the wall mounted device, pushing smoothly and forcefully.
   OHN records reading in ‘lbs. of force’. OHN removes the push attachment from the meter and adds the pull attachment.
   FORCE REQUIRED: 60 lbs.

Pull:
1. Employee grips meter. With upper and lower arms at a 90 degree angle, and one foot braced in front of the other, employee hooks the pull attachment into the ring on the wall mounted device and pulls with a smooth even pull.
   OHN records reading in ‘lbs. of force’.
   FORCE REQUIRED: 75 lbs.

Bending/Reaching
Check when
Completed
1. Reach with hands to 72” shelf and in 6” laterally. (Simulate reaching into overhead bins.)

Comments:

pushpull flight attendant 6-18-04