

MINNESOTA CEMENT MASONS AND PLASTERERS PENSION FUND

c/o Zenith American Solutions
PO Box 295
Minneapolis, MN 55440-0295
(651)256-1804

Cement Masons and Plasterers Frequently:

- Use hands to handle, control, or feel objects, tools, or controls.
- Stand for long periods of time
- Bend or twist the body
- Walk for long periods of time
- Kneel, Stoop, crouch or crawl

It is important for Cement Masons and Plasterers to be able to:

- Hold the arm and hand in one position or hold the hand steady while moving the arm.
- Use one or two hands to grasp, move, or assemble objects.
- Make quick, precise adjustment to machine controls.
- Bend, twist, stretch, or reach out.
- Move two or more limbs together while remaining in place, i.e. two arms, two legs, or one arm and one leg.
- See details of objects that are less than a few feet away.
- Be physically active for long periods without getting tired or out of breath.
- Understand the speech of another person.
- Speak clearly, so listeners can understand.
- Use muscles for extended periods without getting tired.

It is not as important, but still necessary, for Cement Masons and Plasterers to be able to:

- Use fingers to grasp, move, or assemble very small objects.
- See differences between colors, shades, and brightness.
- Determine the distance between objects.
- See details of objects that are more than a few feet away.
- Quickly react using hands, fingers, or feet.
- Focus on one source of sound and ignore others.
- Coordinate movement of several parts of the body, such as arms and legs, while the body is moving.
- Move arms and legs quickly.
- Adjust body movements or equipment controls to keep pace with speed changes of moving objects.
- Hear sounds and recognize the difference between them.
- Keep or regain the body's balance or stay upright when in an unstable position.
- Choose quickly and correctly among various movements when responding to different signals.
- See objects in a very bright or glaring sunlight.

Physical Demand Level

	Sedentary <input type="checkbox"/>	Light <input type="checkbox"/>	Medium <input type="checkbox"/>	Heavy <input checked="" type="checkbox"/>	Very Heavy <input type="checkbox"/>
Occasional Lift (1 – 33%)	10 lbs	20 lbs	50 lbs	50 – 100 lbs	Over 100 lbs
Frequent Lift (34 - 66%)	Negligible	10 lbs	20 lbs	20 – 50 lbs	Over 50 lbs
Constant Lift (67 – 100%)	Negligible	Negligible	10 lbs	10 – 20 lbs	Over 20 lbs