

## Sample Temporary Return-to-Work (TRTW) Tasks: Construction

When considering TRTW tasks, every attempt to do regular duty job tasks should be made, excluding tasks that exceed the restriction.

## **Mobility Restrictions**

- Participate in pre-planning meetings.
- Complete required OSHA safety training.
- Compile safety talks or materials for the crews.
- Lead/participate in safety team meetings.
- Provide safety training/presentation.
- Conduct customer job satisfaction surveys.
- Order supplies for office, shop, and/or crews.
- Inspect tools.
- Shred documents.
- Update SDS manuals and chemical inventory list.
- Complete JHA of different tasks performed.
- Operate equipment opposed to performing work on foot (e.g., street sweeper opposed to shoveling asphalt).

## **One-Handed Restrictions**

- Complete any of the activities noted above.
- Serve as trainer/mentor for newer employees.
- Provide security following cement pours (i.e., keep public off until dry and/or traffic control is adequate).
- Conduct safety inspections on jobsites.
- Inspect fire extinguishers and eyewash stations in the shop, trailers, and company vehicles.
- Conduct shop safety inspections.
- Inspect cords for grounding compliance.
- Conduct vehicle pre and post trip inspections.
- Conduct ladder inspections.
- Inventory parts, supplies, PPE, equipment, and/or tools.
- Organize tools and equipment to enhance shop efficiency.
- Conduct light cleaning and dusting tasks.
- Organize storage room.
- Complete painting tasks (e.g., parking stops/curbs and wall touch-ups).
- Pick up trash in yard and lot.
- Replenish first aid cabinets and kits for crews.
- Present weekly safety talks for crews in the field.
- Update safety bulletin board.
- Update team boards.
- Wash or clean the inside of company vehicles.
- During winter months, inspect lot for icy conditions.



## **Weight Restrictions**

- Complete any of the activities noted above.
- Work normal job but within the lifting restrictions.
- Act as a safety monitor on a roofing job if able to abide by physician's restrictions.
- Perform traffic flagging.
- Apply ice melt/salt during winter months, keeping the lifting of melt/salt within restrictions.
- Clean hand and power tools.
- Drive materials and equipment to jobsites. May load/unload but only if within restrictions.
- Drive a vehicle to run errands.
- Mow lawn with riding lawn mower.
- Operate a fork truck.