

Transitional Work Ideas — Construction Industry

Job or task	Light-duty	Moderate intensity
Carpentry		
Answering phones	X	
Applying wood finishes		X
Attending classes or seminars	X	
Calculating estimates	X	
Calling in orders	X	
Changing light bulbs		X
Checking and repairing safety equipment (fire extinguishers, smoke detectors and first-aid kits)	X	
Cleaning and inspecting tools	X	
Cleaning break rooms	X	
Cleaning house or site		X
Compiling and updating safety manuals and SDS sheets	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Counting inventory (rework, raw materials and warehouse items)	X	
Driving parts and supplies	X	
Feeding veneer casing wrapper	X	
Filing	X	
Filling glue spreader machine		X
Gluing		X
Hammering (light)		X
Handling mail	X	
Inspecting sites	X	
Organizing shelves		X
Packing	X	
Painting		X
Performing end feed on trim saw		X
Performing safety checks	X	
Picking up wood chips		X
Purchasing	X	
Repairing tools		X
Restocking bathrooms	X	
Restocking supplies (light)	X	
Restocking supplies (moderate)		X
Sanding	X	
Sanding molding		X

Job or task	Light-duty	Moderate intensity
Sharpening	X	
Sharpening saws, drill bits and tools		X
Sorting tools		X
Stuffing envelopes	X	
Supervising	X	
Sweeping		X
Sweeping bag house	X	
Tagging loads	X	
Updating job descriptions	X	
Working on paperwork or at the counter	X	
Carpet installation		
Acting as a runner	X	
Answering phones	X	
Calculating estimates	X	
Changing light bulbs		X
Checking or repairing safety equipment (fire extinguishers, smoke detectors and first-aid kits)	X	
Checking pricing on invoices	X	
Cleaning the office or warehouse		X
Completing warehouse paperwork	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Counting inventory	X	
Driving forklift		X
Creating and rotating safety posters	X	
Creating safety inspection checklists	X	
Entering data in computer	X	
Filing	X	
Inspecting sites	X	
Installing (limited)		X
Making aisle ramps	X	
Marking warehouse tags	X	
Measuring		X
Organizing and sorting carpet samples	X	
Organizing tools and supplies		X
Performing in-store demonstrations	X	
Picking up trash around building		X
Reviewing and updating safety manuals and SDS sheets	X	
Scheduling jobs or employees	X	
Setting up and making service or installation calls with customers	X	
Stuffing envelopes	X	
Supervising other employees	X	

Job or task	Light-duty	Moderate intensity
Sweeping warehouse or office		X
Updating job descriptions	X	
Working in reception	X	
Working in the warehouse		X
Writing orders	X	
Drywall		
Assisting crew with hoses	X	
Assisting metal stud framers		X
Conducting site, building, vehicle or other safety inspections/surveys	X	
Counting inventory	X	
Filing and entering data	X	
Installing beads	X	
Installing insulation		X
Mixing mud	X	
Performing final clean up of site	X	
Pre-rocking	X	
Running parts to sites	X	
Sanding	X	
Screwing-off walls	X	
Sorting tools	X	
Spotting screws with mud	X	
Sweeping and cleaning up at jobsite	X	
Taping	X	
Texturing	X	
Wiping down walls	X	
Wrapping windows	X	
Excavation		
Answering phones	X	
Checking safety equipment (fire extinguishers, smoke detectors and first-aid kits)	X	
Cleaning lunchroom, bathrooms and offices	X	
Cleaning shop area		X
Compiling and updating safety manuals and SDS sheets	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Counting inventory	X	
Counting length and depth of tile		X
Dispatching	X	
Filing, copying and typing	X	
Holding traffic control signs	X	
Maintaining trucks and equipment		X
Operating equipment		X
Organizing logs in equipment trucks	X	

Job or task	Light-duty	Moderate intensity
Overseeing site safety walk throughs	X	
Painting		X
Picking up yard and parking lots		X
Reviewing and stuffing invoices	X	
Running parts to sites and shop	X	
Spotting	X	
Sweeping		X
Updating job descriptions	X	
Viewing safety videos	X	
Washing trucks and equipment		X
Washing windows		X
General		
Acting as the gopher at job sites		X
Answering phones	X	
Assembling scaffolding		X
Assisting in masonry work		X
Assisting in survey work	X	
Assisting laborers with supplies		X
Attending classes and seminars	X	
Breaking open shingle packs	X	
Calculating estimates	X	
Checking hoses for air levels	X	
Cleaning trucks		X
Cleaning, sorting and sharpening tools	X	
Collecting time cards	X	
Conducting site, building, vehicle or other safety inspections/surveys	X	
Counting inventory	X	
Counting shingles	X	
Directing traffic	X	
Driving truck		X
Filing	X	
Gassing up equipment	X	
Hosing off tools at the end of the workday	X	
Inspecting sites	X	
Laying lines		X
Loading staples	X	
Maintaining equipment		X
Monitoring eye wash stations, inspecting fire extinguishers and first-aid kits	X	
Moving signs	X	
Ordering supplies	X	
Organizing and purging tools and supplies		X
Painting (light)	X	

Job or task	Light-duty	Moderate intensity
Patching		X
Performing cut outs for electrical outlets		X
Performing safety walk throughs	X	
Performing sales work	X	
Picking up site yards		X
Reviewing invoices	X	
Reviewing OSHA paperwork and programs	X	
Running cement mixer		X
Running light errands and picking up supplies	X	
Running materials		X
Sanding (light)	X	
Scaling and measuring work		X
Scheduling employees	X	
Sorting site tool boxes		X
Striking walls	X	
Supervising other employees	X	
Supplying water	X	
Sweeping		X
Taping		X
Updating and compiling SDS sheets and safety manuals	X	
Updating job descriptions	X	
Using nail gun	X	
Using powered wheelbarrow		X
Working in the front office	X	
Working with the tar paper portion of roofing		X