

Transitional Work Ideas — Construction Industry

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

Job or task	Light-duty	Moderate intensity
Sharpening	Х	,
Sharpening saws, drill bits and tools		Х
Sorting tools		Х
Stuffing envelopes	Х	
Supervising	Х	
Sweeping		Х
Sweeping bag house	Х	
Tagging loads	Х	
Updating job descriptions	Х	
Working on paperwork or at the counter	Х	
Carpet installation	•	
Acting as a runner	Х	
Answering phones	Х	
Calculating estimates	Х	
Changing light bulbs		Х
Checking or repairing safety equipment (fire extinguishers,	Х	
smoke detectors and first-aid kits)		
Checking pricing on invoices	Х	
Cleaning the office or warehouse		Х
Completing warehouse paperwork	Х	
Conducting site, building, vehicle or other safety	Х	
inspections/surveys		
Counting inventory	X	
Driving forklift		Х
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		Х
Performing in-store demonstrations	Х	
Picking up trash around building		X
Reviewing and updating safety manuals and SDS sheets	Х	
Scheduling jobs or employees	Х	
Setting up and making service or installation calls with customers	Х	
Stuffing envelopes	Х	
Supervising other employees	X	
Supervising other employees		

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

Overseeing site safety walk throughs X Painting X Painting Y Picking up yard and parking lots Reviewing and stuffing invoices X Running parts to sites and shop X Spotting X Spotting X Sweeping X Updating job descriptions X Viewing safety videos X Washing trucks and equipment X Washing trucks and equipment X Washing windows X Assembling scaffolding 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 Calculating estimates X Cleaning, sorting and sharpening tools X Conducting site, building, vehicle or other safety inspections/survey X Counting sing up equipment X Conducting struck X Classing up equipment X Conducting struck X Classing up equipment X Conducting sting equipment X Conducting sting equipment X Conducting sites S Calculating equipment X Conducting eye wash stations, inspecting fire extinguishers and first-aid kits Moving signs X Corganizing and purging tools and supplies X Corganizing and purging tools and	Job or task	Light-duty	Moderate intensity
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Job or task	Light-duty	Moderate
		intensity
Patching		X
Performing cut outs for electrical outlets		X
Performing safety walk throughs	Х	
Performing sales work	Х	
Picking up site yards		Х
Reviewing invoices	Х	
Reviewing OSHA paperwork and programs	Х	
Running cement mixer		Х
Running light errands and picking up supplies	Х	
Running materials		Х
Sanding (light)	Х	
Scaling and measuring work		Х
Scheduling employees	Х	
Sorting site tool boxes		Х
Striking walls	Х	
Supervising other employees	Х	
Supplying water	Х	
Sweeping		Х
Taping		Х
Updating and compiling SDS sheets and safety manuals	Х	
Updating job descriptions	Х	
Using nail gun	Х	
Using powered wheelbarrow		Х
Working in the front office	Х	
Working with the tar paper portion of roofing		Х