

**McConochie Generic Battery (McGB) – Occupational Stress Tolerance**

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Name: (last) \_\_\_\_\_, (first) \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male or Female (circle one)

Jobs involve different types of stress. For each of the items below, circle one number to indicate how comfortable you are with the work situations, using the following code. As you answer these questions, assume that you have been properly trained, clothed and equipped.

<b>1</b> Very Uncomfortable	<b>2</b> Moderately Uncomfortable	<b>3</b> Mildly Uncomfortable	<b>4</b> Comfortable
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- 1 2 3 4 1. Working in areas where there is frequent tobacco smoke.
- 1 2 3 4 2. Sitting at a computer console most of each 8-hour shift.
- 1 2 3 4 3. Standing on your feet for several hours at a time while working.
- 1 2 3 4 4. Working when you may often feel afraid but still must concentrate and work (as in military combat soldier, police officer, skyscraper construction worker or window cleaner, entertainer, fire fighter).
- 1 2 3 4 5. Having your job duties changed unexpectedly and often by supervisors.
- 1 2 3 4 6. Working in areas where there are frequent exhaust fumes from cars, jet engines, trucks or buses.
- 1 2 3 4 7. Dealing with persons who seem rude and demanding but whom you must treat nicely anyway.
- 1 2 3 4 8. Walking steadily for most of your work shift (e.g. mail delivery, waitressing, warehouse person).
- 1 2 3 4 9. Working in war zones where you might be killed by direct or indirect effects of combat or terrorism.
- 1 2 3 4 10. Working for supervisors who are demanding and critical but whom you must obey anyway.
- 1 2 3 4 11. Frequent exposure to fumes from cleaning solvents, oil-based paints, wood preservatives or insecticides.
- 1 2 3 4 12. Working with strangers who might be unpleasant or mean (e.g. in jobs such as cab driver, police officer, complaints clerk, community health nurse).
- 1 2 3 4 13. Lifting and carrying by hand things you consider heavy much of your work shift.
- 1 2 3 4 14. Working where you might be exposed to deadly chemicals or radiation unless everyone is very careful.
- 1 2 3 4 15. Often having your requests and efforts rejected or told ""no"" (such as in telephone sales work).
- 1 2 3 4 16. Frequent exposure to airborne dust.
- 1 2 3 4 17. Working with very demanding people (such as with nursing home residents, cancer patients, delinquent children).

**Please turn the page and continue...**

- 1 2 3 4 18. Stooping, bending, squatting, working on your knees, etc. for 3 of 8 hours each shift.
- 1 2 3 4 19. Working directly with machinery that can hurt or kill you if you're not careful (such as saws, presses, moving gears or pistons).
- 1 2 3 4 20. Having to be very careful not to make mistakes in your work.
- 1 2 3 4 21. Frequent exposure to muddy or polluted water and mud or dirt.
- 1 2 3 4 22. Working with angry persons (as in jobs of complaints clerk, tax collector, prison guard, civil courtroom judge).
- 1 2 3 4 23. Working with your hands and arms at and above shoulder level much of each 8-hour work shift (as in painting, hanging wall paper, washing windows, finish carpentry).
- 1 2 3 4 24. Working out-of-doors on dangerous terrain (steep slopes, stormy seas, etc).
- 1 2 3 4 25. Working in jobs in which you will often fail at some of your important tasks (such as failing to get a hit in baseball or failing to make a sale).
- 1 2 3 4 26. Frequent exposure to pollen and other causes of allergic reactions.
- 1 2 3 4 27. Dealing with people who are arguing or fighting with each other.
- 1 2 3 4 28. Frequently climbing up and down stairs, ladders or hills during most 8-hour shifts (as in delivery work, tree-planting, telephone pole service work, construction helper, timber worker).
- 1 2 3 4 29. Working directly exposed to life threatening natural disasters (e.g. storms, floods, avalanches, forest fires, volcanoes).
- 1 2 3 4 30. Working when your job security is constantly dependent upon your very best performance or that of persons under your direct supervision.
- 1 2 3 4 31. Frequent exposure to non-deadly germs (bacteria and viruses.).
- 1 2 3 4 32. Dealing with persons who have very difficult lives (such as very sick, poor or homeless persons).
- 1 2 3 4 33. Chopping, hammering, screwing, bolting, welding or similar work much of each work shift.
- 1 2 3 4 34. Working where explosions sometimes occur (e.g. with dynamite, in fertilizer plants, in oil refineries).
- 1 2 3 4 35. Working 8-hour shifts for six days of each seven.
- 1 2 3 4 36. Frequent exposure to insects such as flies, cockroaches and ants.
- 1 2 3 4 37. Often handling complaining or angry persons.
- 1 2 3 4 38. Pushing and/or pulling things while standing much of your work shift.
- 1 2 3 4 39. Working where you might be hurt by hand tools you are using (such as drills, hammers or knives).
- 1 2 3 4 40. Working when other workers are constantly trying to get your job away from you.
- 1 2 3 4 41. Frequent exposure to unpleasant odors, as from garbage, rotten fish or human or animal feces or urine.
- 1 2 3 4 42. Dealing directly with persons who are in much pain or other discomfort.
- 1 2 3 4 43. Working out-of-doors in windy weather much of each shift.
- 1 2 3 4 44. Working in areas where criminals could harm or rob you if you are not careful.

**Please turn the page and continue...**

- 1 2 3 4 45. Working when many persons constantly disapprove of the activities you must promote (e.g. that threaten the environment, raise taxes, cause loss of jobs).
- 1 2 3 4 46. Regular skin contact with mildly to moderately irritating chemicals, such as chlorine, detergents or motor oil.
- 1 2 3 4 47. Having to keep many other people satisfied and happy (such as in teaching young children, waitressing, entertaining).
- 1 2 3 4 48. Working in a place you consider hot much of your work day (either indoors or out-of-doors).
- 1 2 3 4 49. Working where wild animals, snakes, reptiles or insects could harm or kill you if you are not careful.
- 1 2 3 4 50. Having to give people bad news often (e.g. telling others that their relatives have died, telling workers they have been fired or laid off).
- 1 2 3 4 51. Occasional exposure to poisonous or otherwise irritating plants such as poison ivy, poison oak, nettle, thorny plants.
- 1 2 3 4 52. Working with unhappy or troubled persons (such as in jobs as counselor, psychotherapist, funeral director, Red Cross worker).
- 1 2 3 4 53. Digging, clipping, raking, lifting and similar work 6 of each 8 hours worked.
- 1 2 3 4 54. Working out-of-doors where falling trees, rolling logs or rocks, or heavy machinery could hurt or kill you.
- 1 2 3 4 55. Having to work several shifts, weekends and vacation days that conflict with time available for your family and friends.
- 1 2 3 4 56. Working where you might be hit or run over by trucks or other large machines.

**Now, please check to make sure you have answered every item with only one number clearly circled (don't put circles between numbers).**

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