

## JOB DESCRIPTION SUPPLEMENT

### I. MACHINES, TOOLS, EQUIPMENT:

*Machines, tools, equipment, electronic devices, vehicles, etc., used in this position.*

Telephone, Computer, Motor Vehicle, Specialized Equipment

### II. PHYSICAL REQUIREMENTS: Describes physical conditions of this position.

Medium Work: Exerting up to 50 pounds of force occasionally and/or up to 20 pounds of force frequently, and/or up to 10 pounds of force constantly to move objects.

### III. PHYSICAL ACTIVITY: Physical activities of this position. Percent of a typical day involved in each applicable activity is noted.

#### Percentage

- 25 A. Sitting: Resting with the body supported by the buttocks or thighs.
- 75 B. Standing: Assuming an upright position on the feet, particularly for sustained periods of time.
- 75 C. Walking: Moving about on foot to accomplish tasks, particularly for long distances.
- 10 D. Climbing: Ascending and descending ladders, stairs, scaffolding, ramps, poles, etc., using feet and legs and/or hands and arms
- 10 E. Balancing: Maintaining body equilibrium to prevent falling when walking, standing or crouching on narrow, slippery or moving surfaces.
- 25 F. Bending: Lowering the body forward from the waist.
- 25 G. Stooping: Bending body downward and forward by bending spine at the waist through the use of the lower extremities and back muscles.
- 5 H. Kneeling: Bending legs at knee to come to a rest on knee or knees.
- 5 I. Crouching: Bending the body downward and forward by bending leg and spine.
- 25 J. Twisting: Moving body from the waist using a turning motion.
- 60 K. Reaching: Extending hand(s) and arm(s) in any direction.
- 50 L. Pushing: Using upper extremities to press against something with steady force in order to thrust forward, downward or outward exerting up to 20 pounds of force.
- 50 M. Pulling: Using upper extremities to drag, haul or tug objects in a sustained motion exerting up to 10 pounds of force.

**JOB DESCRIPTION SUPPLEMENT (Continued)**

- 25 N. Lifting: Raising objects from a lower to a higher position or moving objects horizontally from position-to-position through the use of the upper extremities and back muscles exerting up to 10 pounds of force.
- 50 O. Finger Dexterity: Picking, pinching, typing or otherwise working primarily with fingers rather than with the whole hand or arm.
- 50 P. Grasping: Applying pressure to an object with the fingers and palm.
- 20 Q. Feeling: Perceiving attributes of objects, such as size, shape, temperature or texture by touching with skin, particularly that of fingertips.
- 5 R. Repetitive Motions: Substantial and continuous movements of the wrists, hands and/or fingers.
- 85 S. Talking: Expressing or exchanging ideas by means of the spoken word. Those activities in which detailed or important spoken instructions must be conveyed accurately, loudly or quickly.
- 85 T. Hearing Acuity: The ability to perceive speech and other environmental sounds at normal loudness levels.
- 95 U. Visual Acuity: The power to see at a level which allows reading of numbers and text, operation of equipment, inspection of machines, etc.

*Note: Will total more than 100 percent as several activities may be performed at one time.*

**IV. WORKING CONDITIONS:** Conditions the worker will be subject to in this position.

Indoors and Outdoors: The worker is subject to both environmental conditions. Activities occur inside and outside.

Hazards: The worker is subject to hazards. This includes a variety of physical conditions, such as proximity to moving mechanical parts, electrical current, working on scaffolding and high places, and exposure to high heat or chemicals.