

JOB DESCRIPTION SUPPLEMENT

I. MACHINES, TOOLS, EQUIPMENT:

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

Telephone, Oral/Written Communication Equipment, Vehicles, Mechanical Equipment

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

Heavy Work: Exerting up to 100 pounds of force occasionally and/or up to 50 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

- 30 A. Sitting: Resting with the body supported by the buttocks or thighs.
- 40 B. Standing: Assuming an upright position on the feet, particularly for sustained periods of time.
- 30 C. Walking: Moving about on foot to accomplish tasks, particularly for long distances.
- 3 D. Climbing: Ascending and descending ladders, stairs, scaffolding, ramps, poles, etc., using feet and legs and/or hands and arms
- 100 E. Balancing: Maintaining body equilibrium to prevent falling when walking, standing or crouching on narrow, slippery or moving surfaces.
- 70 F. Bending: Lowering the body forward from the waist.
- 60 G. Stooping: Bending body downward and forward by bending spine at the waist through the use of the lower extremities and back muscles.
- 60 H. Kneeling: Bending legs at knee to come to a rest on knee or knees.
- 60 I. Crouching: Bending the body downward and forward by bending leg and spine.
- 40 J. Crawling: Moving about on hands and knees or hands and feet.
- 60 K. Twisting: Moving body from the waist using a turning motion.
- 90 L. Reaching: Extending hand(s) and arm(s) in any direction.
- 30 M. 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.
- 30 N. 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)

- 30 O. 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.
- 60 P. Finger Dexterity: Picking, pinching, typing or otherwise working primarily with fingers rather than with the whole hand or arm.
- 30 Q. Grasping: Applying pressure to an object with the fingers and palm.
- 30 R. Feeling: Perceiving attributes of objects, such as size, shape, temperature or texture by touching with skin, particularly that of fingertips.
- 70 S. Repetitive Motions: Substantial and continuous movements of the wrists, hands and/or fingers.
- 70 T. 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.
- 95 U. Hearing Acuity: The ability to perceive speech and other environmental sounds at normal loudness levels.
- 95 V. 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 inside both environmental conditions. Activities occur inside and outside.